

Fall 2020



# Girls on the Run is for **EVERY** girl.

*We believe that every girl is inherently full of power and potential.  
As the leaders of their lives, these are the girls that will change the world.*

## About Girls on the Run

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind.

Trained volunteer coaches use our research-based curricula to teach foundational lessons through dynamic discussions, activities and running games. Over the course of the eight-week program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Our program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5k event.

***VOLUNTEER COACHES NEEDED! We are looking for a few more volunteer coaches to support the program.  
If you are interested, please email Leslie at [leslie@rangeleyhealthandwellness.com](mailto:leslie@rangeleyhealthandwellness.com).***



Girls who were the least active at the start of the program increased their physical activity by more than **40%\***



**97%** of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

**The 8 week program is for girls in 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grades.**

**Practice Times:** Mondays and Thursdays 3:00 pm – 4:30 pm  
Practices will begin on 9/21 and run through the second week of November.

**Location:** Rangeley Health and Wellness

**Program Participant Fee:** \$115  
GOTR-Maine uses an Income Based Sliding Scale to determine the participant fee. The scale ranges from \$20 - \$115.

**Online Lottery Registration:** Opens on August 17th

**Site Contact:** Leslie - [leslie@rangeleyhealthandwellness.com](mailto:leslie@rangeleyhealthandwellness.com)

## LEARN MORE AT [GIRLSONTHERUNMAINE.ORG](http://GIRLSONTHERUNMAINE.ORG)

### Girls on the Run Program Fee and Lottery Registration Information

Our full registration fee is \$115, however, through our fundraising efforts, we offer financial assistance based on annual household income. The sliding scale ranges from \$20 to \$115. Assistance can be requested as part of your registration. The sliding scale can be viewed on our website: <https://www.girlsontherunmaine.org/Financial-Assistance>

Team size is limited. If participant registration exceeds the maximum team size during the lottery registration period, (August 17th – September 3rd), the registration system will randomly select girls for that team and families will be notified of their status on September 4th. If spaces remain after the lottery, registration will re-open and additional girls can be added first come, first served until capacity is reached.

GOTR-Maine is a 501(c)3 organization. Contact us: (207) 747-5677 or 1 Karen Drive, 3A, Westbrook, ME 04092