



Girls on the Run: Heart and Sole

Today's middle-school girls face many challenges and obstacles that can affect their emotional and physical well-being. The Heart and Sole curriculum is designed to address these challenges by empowering them to make thoughtful and healthy decisions. The Girls on Track curriculum is delivered over the course of 10 weeks and addresses the societal, mental and emotional challenges particular to their age.

What to do if you want to join Girls on the Run/Heart & Sole...

Step 1: Discuss with your family and decide if you are able to make the commitment.

- **Tuesdays & Thursdays, 3:15 - 4:30 starting March 5th!**

You need to be able to attend all of the sessions, unless you are sick.

- **5k Run - May 18th**

Step 2: Register online!

<http://www.gotrchicago.org/>

- The cost is \$205 per participant. Payment is transacted with a credit card through online registration.

- *Full or partial scholarships are available and have been awarded to all who have expressed a need. You will be able to apply with just a few easy steps when you register. Please DO NOT let the cost prevent participation. We will try to make it work.*

Questions? Contact Kate Eggert, keggert@d181.org or Jane Fetty, jfetty@d181.org

FAQ.

What will the girls be doing?

Girls will participate two days each week for 10-12 weeks from early March through May. Each group of girls will be supervised by at least two adult coaches trained in the Girls on the Run curricula and philosophies. Girls do NOT need to be runners to participate.

The start of each lesson will focus on getting the girls on board and ready to participate. A warm-up activity will get the girls ready to move and bring attention to the lesson of the day. The physically active portion of each lesson will be made up of a combination of games and activities, designed to get the girls moving WHILE incorporating the ideas being discussed that day. During cool-down, the girls will discuss any final thoughts regarding the day's session.

What are Participant Expectations?

- Girls should come to each practice dressed and ready to participate. They should wear comfortable clothing and running shoes. Flip flops, crocs, dress shoes, etc. will NOT be allowed. For safety reasons, your girl will not be able to run that day unless she is wearing appropriate shoes.
- Girls are expected to attend all practices. Your girl should not sign up for this this season if she has prior engagements that conflict with GOTR sessions, because she should not take a space from someone that can commit to the entire season.
- Coaches are volunteers. Parents are expected to pick up their participant at the end of each session in a timely fashion or arrange for after-school care accordingly.

What does it cost? What is included?

There is a fee for each girl to participate in the GOTRC program. Program fees are based on a sliding scale determined by the percentage of students receiving free/reduced school lunch at that site. **The program fee at our site is \$205.** Girls on the Run-Chicago does not want the program cost to be a barrier for participation, so any participant can apply for a scholarship.

The program fee covers:

- Supplies for 20-24 lessons conducted by two certified GOTRC coaches
- Healthy snacks at each session
- A colorful t-shirt and water bottle
- Registration into the Girls on the Run 5K (she's already registered!) and an event-day goody bag!
- all administrative assistance to coaches, sites, girls and parents

What's up with the 5K Day!

Each registered girl is already registered for the 5K event. Each girl needs to have a Running Buddy to run with her, keep her safe on the course and be her own personal cheerleader! Girls on the Run-Chicago has a great 'Running Buddy Job Description' on their website for additional details. Please help your participant start thinking about possible Running Buddies. **Each Running Buddy MUST register for the 5K!** GOTRC has a group of volunteer females that come to the 5K as Running Buddies for those who do not have one. These females have completed background checks. If you need help finding a Running Buddy, please let your Site Coordinator know. The 5K is open to the public, so any friends or family members can register to run too!