



Girls on the Run® of Tucson

What is Girls on the Run® (GOTR)?

- Girls on the Run® (GOTR), is a national non-profit school based program that encourages 3rd – 8th grade girls to develop self-respect and healthy lifestyles through running.
- The program combines training for a 3.1 mile running event with small group discussions and fun, interactive physical activities.
- The 10 week program consist of 20 evidence-based lessons which are broken down into 3 key areas:
 - All About Me:** Getting to know who I am and what I stand for.
 - ❖ *These lessons help girls understand more about themselves and help equip them with skills to better handle peer pressure.*
 - Building My Team:** Understanding the importance of cooperation.
 - ❖ *These lessons focus on how to handle bullying and gossip, how to make healthy decisions, and how to be a good sport.*
 - Community Begins with Me:**
 - ❖ *The girls learn about being a part of a community and work together to complete a community project.*
- The girls are placed into teams of 15 with at least two GOTR coaches. Each coach is trained and background checked by Girls on the Run® of Tucson.

What can I expect my daughter to get out of the program?

- The girls complete the program with a stronger sense of identity, a greater acceptance of themselves, a healthier body image and an understanding of what it means to be part of a team.
- The program is evaluated nationally each season through surveys and statistical analysis by Dr. Rita DeBate at The University of South Florida, Tampa.

How do I get my daughter involved?

Register now at <https://www.raceplanner.com/register/index/girls-on-the-run-2017-winter-program>

- Or request hard copy application from your daughter's/dependent's school and return before **Sept. 6, 2017**. Teams fill up fast. Turning in an application does not guarantee placement on a team.
- The program will begin the week of Sept. 11 and lessons will be held twice weekly for 1 ½ hours, culminating with an end of season 5k run event and celebration on **Saturday, December 2, 2017**.
- **Girls meet immediately after school lets out on the school's campus on Monday and Wednesday from 3:30 p.m. to 5:00 p.m. Parents can expect to pick their girls up 1½ hours after school dismissal.**
- The cost of the program is \$75 per girl. Scholarships may available upon written request or online application via Raceplanner. Scholarship application link is included with the online program registration or will be provided by your school program coordinator upon request.
- Questions can be directed to program coordinator, at Sylvia.brown@tmcaz.com or (520) 324-4745

More questions about Girls on the Run?

- Check out the website www.girlsontherun.org or <http://gotrtucson.org>