



Dear Parents and Guardians,

Girls on the Run is returning to Merion Elementary in February 2019 and will be open to girls in grades 3-5. **Below is some important program information to know in advance of registration, which opens on November 1 at www.gotr.pa.org.**

Girls on the Run (GOTR) is a national after-school program that teaches core values and life skills to 3rd through 5th grade girls. Beginning on February 19, 2019 through May 21, 2019, the girls will meet on Tuesdays and Thursdays from 3:35pm to 5:15pm at Merion with trained coaches who will implement the 20-lesson GOTR curriculum. These lessons are combined with running games to empower the girls and encourage healthy decision-making. The girls will end the season with a family-friendly 5K (3.1 miles) on Saturday, May 18. Girls of all running and athletic ability are welcome! The program cost is \$175 per girl. Financial assistance is also available by contacting Girls on the Run at 215-540-0813.

Important details on GOTR absence policy

Because the program uses lessons that build upon each other week after week, the GOTR organization has a very strict absence policy. **Outside of a serious illness or injury, participants cannot miss more than 3 practices. Girls missing more than 3 practices for a reason other than illness/injury will not be able to continue with the program (refunds will be considered on a case-by-case basis by Girls on the Run Montgomery County).** If your student signs up for Girls on the Run, please make sure they don't have another activity scheduled for the same days/time.

GOTR Lottery System

Girls on the Run conducts a lottery to randomly choose participants if registration is greater than the 18 available spaces. **Please note:** We were able to include everyone for the last four seasons without the organization having to do a lottery.

A registration reminder and link to the registration website will be communicated in an "FYI" e-newsletter and Thursday envelopes in early November. Past participants are welcome to register again!

We look forward to another great Girls on the Run season! Please don't hesitate to contact us with any questions.

Best regards,
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