



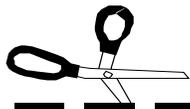
Girls on the Run (GOTR) is an after-school program that uses the power of running to help prepare girls for a lifetime of self-respect and healthy living. Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls.

Each session is led by trained female coaches that guide and mentor girls through a fun and uplifting curriculum. Coaches teach specific life skills, and along the way, the girls train together to walk or run in a 5K (3.1 mile) event (also together).

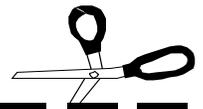
Would you be interested in participating? Here's what you would need to know:

- Sessions will begin March 7 and will take place after school on Tuesdays and Thursdays until approximately 4:30pm at MIS.
- The program fee will be \$125. This fee covers the cost of one child's participation (including a t-shirt, water bottle, healthy snacks, 5K registration fee, and race goody bag). Scholarships are available. Contact Miss Horsch for more information.
- Participants will need to find someone to run the 5K race with them in the spring in Chicago. If needed, the coaches should be able to help find a female to run with a GOTR participant. Adults will need to pay the race entry fee (approximately \$40) to participate. 5K Date: TBD, Location: Joliet Speedway.
- GOTR is open to girls in grades 4-5 this year. Girls will be notified if they've been selected to take part in the group. **Do not send in money until you've been selected to participate.**
- **We are in desperate need of volunteer moms to help with the program.** If you would be interested in helping, you would need to attend practices on Tuesdays and Thursdays. Volunteers would also need to attend a training session with GOTR Chicago. Please contact Miss Horsch for more information. You won't be disappointed with the time you spend volunteering with GOTR! It's an unforgettable experience!

If you are interested in participating, please fill out the bottom portion of this form by Friday, January 27:



Miss Horsch HorschM@Mokena159.org



Teachers – Please send forms to the office to be put in Miss Horsch's mailbox.

I am interested in participating in Girls on the Run!

Student Name: _____ Homeroom Teacher: _____

Parent Signature: _____

____ I am interested in coaching for GOTR. Email: _____

