Girls on the Run is for EVERY girl.

REGISTER today at www.gotrphiladelphia.org

Girls will have fun, make friends, increase their physical activity, and learn important life skills through our virtual curriculum!

Not Canceled:
Girls on the Run

Right now, girls need Girls on the Run more than ever.

This year’s adapted virtual program is safe and flexible for our community so that girls can connect with their peers and keep learning how to practice empathy, stand up for themselves and others, and more!

We celebrate the joy of movement! Our programs creatively integrate movement in a fun and motivating way.

Our caring and qualified coaches are trained to create trauma sensitive and inclusive spaces that enable girls to grow and connect.

For Your Girl

Mifflin Elementary Virtual team
Girls in Grades 3-5

Season begins: Week of September 21, 2020
Practice schedule: Tuesdays & Thursdays, 3:15 – 4:00 PM

For more information please contact:
Margot Salter, msalter@philasd.org or Heather Plastaras, heather.plastaras@girlsontherun.org.

Or text @mifflinrun to 81010

End of Season 5k (may be site-based or virtual): November 26-December 6

Registration is on a first-come, first-served basis. Scholarships are available! We have never turned a girl away based on her inability to pay the registration fee.

Learn more and register today at www.gotrphiladelphia.org

Questions? Please contact heather.plastaras@girlsontherun.org

See next page for registration information!
REGISTERING YOUR GIRL

Join us for a virtual open house to learn more about the Fall season of GOTR! Click here to register for a session on August 12th or 17th.

We are diligently preparing to adjust to meet the needs of our community. Our trusted curriculum has been modified to include physical distancing precautions and the ability to seamlessly transition to virtual programming should the need arise. We are committed to fulfilling our mission of inspiring girls to be joyful, healthy and confident.

NEED FINANCIAL ASSISTANCE?

Finances should never prevent a girl from participating. It is the policy of Girls on the Run Philadelphia to offer our program to all girls who desire to participate, regardless of their family's financial status.

Financial assistance is available based on annual household income and household size, for annual household incomes of less than $85,000 per year (See grid below). You will find questions in the online registration that will guide you through the financial assistance section. It is essential that each family contribute the appropriate registration fee in accordance with their household income & size. Local fundraising efforts and donations help to bridge the gap between registration fees paid and necessary scholarships. Please contact us with any questions at colleen.howard@girlsontherun.org.

<table>
<thead>
<tr>
<th>Annual Income</th>
<th>Household size 2-3 people</th>
<th>Household size 4-5 people</th>
<th>Household size 6+ people</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0-$29,999/yr</td>
<td>$10</td>
<td>$10</td>
<td>$10</td>
</tr>
<tr>
<td>$30,000-$39,999/yr</td>
<td>$30</td>
<td>$20</td>
<td>$10</td>
</tr>
<tr>
<td>$40,000-$49,999/yr</td>
<td>$50</td>
<td>$35</td>
<td>$20</td>
</tr>
<tr>
<td>$50,000-$59,999/yr</td>
<td>$75</td>
<td>$50</td>
<td>$25</td>
</tr>
<tr>
<td>$60,000-$74,999/yr</td>
<td>$100</td>
<td>$75</td>
<td>$50</td>
</tr>
<tr>
<td>$75,000-$84,999/yr</td>
<td>$125</td>
<td>$100</td>
<td>$75</td>
</tr>
<tr>
<td>$85,000+</td>
<td>$175</td>
<td>$175</td>
<td>$175</td>
</tr>
</tbody>
</table>

FREQUENTLY ASKED QUESTIONS

My girl isn't a big runner; is this program for her? OR My girl is already a skilled runner. Is this program for her?
Yes! We are much more than a running program, and every girl can benefit from the experience of building confidence through accomplishment while participating in our rich, curriculum-based, age-appropriate, interactive lessons. Expect lots of games, talking, laughing and processing in addition to running at each practice.

Do girls need to attend both days each week in order to register?
Yes! Since most of our teams fill up quickly, if your girl will be unable to attend all the sessions, please save room for a girl who can, and consider joining us in a future season when she can enjoy the entire program.