** Girls on the Run of Central New York**

 ***Greene CSD***

 ***\*\*\*\*\*\* Register Online February 1st – February 14th\*\*\*\*\*\****

**Joyful…Healthy…Confident!!!**

Girls on the Run of Central New York (GOTRCNY) is a local council of the national organization, Girls on the Run (GOTR). Two programs fall within the GOTR program, GOTR for girls in grades 3-5 and Heart and Sole for girls in grades 6-8. GOTR/H&S teach life skills using interactive curriculum and running to build self-esteem and inspire self-respect in preteen girls. We meet twice a week after school for 10 weeks in teams of no more than 15 girls. Lessons from the curriculum provide girls with the tools to make decisions to choose a healthy lifestyle and engage in regular physical activity. All groups are facilitated by trained, volunteer coaches.

**Registration, Fees and Team Selection Process**

**This year, we are happy to offer programs for girls in grades 3-5 for the third year!** *Registration will open on February 1st at 7 a.m. and will run until February14th at 11 p.m.* Registration will be a lottery system, so participants can sign up any time during that period. Please visit the website [www.girlsontheruncny.org](http://www.girlsontheruncny.org) for the link to the online registration form and for additional registration information.

**Meeting Dates and Times**

 Monday/Thursday 3:00-4:30

Program begins week of March 16th

**Program Fees**

Program fees cover all materials, coach training, 2 t-shirts for each girl, enrollment in the Cooperstown 5k, and any additional supplies needed for the program. There is a sliding fee cost for this program, as outlined below:

Household Income Greater than $30,000 -- $90.00 fee ($4.50/lesson)

Household Income Under $30,000 -- $60.00 fee ($3.00/lesson)

Free/Reduced Lunch Program -- $30.00 ($1.50/lesson)

**NO girl is turned away from the program because of financial hardship. Please call Mrs. Williams or Mrs. Bailey as soon as possible for information on scholarship options if cost is a hardship**.

**Key Dates**

**February 1st -14th** – Online lottery registration begins at 7 a.m. and ends at 11 p.m. on the 14th.

**Week of March 16th** – GOTRCNY Season begins!!! You will receive information about the program (coach names, meeting place, etc.) before the start date.

**Sunday, June 7th** – GOTRCNY Celebratory 5k Event in Cooperstown, NY (open to the public—you, too can register!!)

[www.girlsontheruncny.org](http://www.girlsontheruncny.org)

 Contact any of us…Sunnie Williams at ext 535 or slwilla@greenecsd.org, Lorene Sanderson at ext 531 lsanders@greenecsd.org, or Pam Bailey at ext 685 or pbailey@greenecsd.org