

Registration FAQs

How do girls register for Girls on the Run? Online registration is preferred (www.gotrtwincities.org) and available on a first-come, first-served basis beginning **February 8**. Paper registration forms are also available and should be submitted to **GOTRTC, PO Box 6927, Minneapolis, MN 55406 by March 15**.

When does the Spring 2016 season begin? The week of **March 28, unless that's**. The 5k is on **Saturday, June 4** and the team's final celebration will be June 6 or 7 at your regular practice time.

How many girls can participate on each team? Our team minimum is 8 and our maximum is 15-20.

So it's a running program? Girls on the Run is much more than just a running program. We use the power of running to prepare girls for a lifetime of self-respect and healthy living. While running is involved, it's certainly not the point of the program. We use interactive lessons from an experience-based curriculum to teach girls important life skills such as standing up for yourself, being a good friend, making healthy choices, resolving conflicts, and more.

What if a girl's family can't afford the program fee? Make sure we don't let that stop them from participating! We have generous needs-based financial assistance available through both our online registration process and our paper registration process. Our goal is to allow all girls to participate, regardless of their family's ability to pay. We offer scholarships on an income-based sliding scale and if more assistance is needed, we can make it happen. We can also provide shoes and/or running clothing to girls in need. Invite anyone to contact me at Kathleen.cannon@girlsontherun.org or 612.656.9032 if they have questions or need additional help.

Do girls need to attend both days each week? Yes! Each lesson builds upon previous lessons, and the rapport that comes from consistency and teamwork is a big part of the Girls on the Run experience.

What are Running Buddies? Each girl should have a Running Buddy, which is an adult (male or female) who will run alongside them at the practice 5k (May 18, 19, or 20 during regular practice time) and at the final 5k (June 4) and act as her personal cheerleader, talking with her, encouraging her, and celebrating the girl and her accomplishment. Running Buddies need to register for the 5k at www.gotrtwincities.org (fee waivers are available for those unable to pay the race fee). Running Buddies are often a girl's parent, teacher, friend, neighbor, aunt, uncle or other trusted adult. At the family's request, GOTR coaches and staff will work together to place community volunteers as Running Buddies for girls who need them.

What is the refund policy? If a girl withdraws earlier than two weeks before the start of the program, we can provide a full refund minus a \$10 administrative fee. There are no refunds offered after two weeks before the season begins.

What if someone wants to get more involved? Wonderful! We are a volunteer-powered organization and the levels of involvement are endless; we always need coaches, Running Buddies, SoleMates, event volunteers, committee members, Board Members, and more. If you talk to any parents, teachers or community members who want to know how else they can help with Girls on the Run, send them to Kathleen at Kathleen.cannon@girlsontherun.org and we'll join forces!