



GIRLS ON THE RUN SPRING 2024

PROGRAM DATES: February 12 or 19, 2024 – May 11, 2024

The GOTR program stresses peer support and doing your personal best. The program finishes by girls walking or running in a non-competitive 5K held on **Saturday, May 11, 2024, 9AM** at Heritage Landing in Downtown Muskegon.

ONLINE REGISTRATION: <https://www.gotrwm.org>

- Registration is best completed on a desk or laptop. Phones will not typically work.
- If you need assistance in registration, please contact the GOTR Site Liaison.

REGISTRATION DATES: December 1 – 14, 2023

LATE REGISTRATION: December 15, 2023 – February 9, 2024

(based on space available, team numbers are limited)

PRACTICE DAYS AND TIME: Please contact your school GOTR Site Liaison

FULL REGISTRATION FEE: \$130.00

- 20 lessons, twice each week for 10 weeks, by trained coaches
- Program T Shirt to those that apply EARLY!
- All Program Supplies
- 5K Entry, T Shirt and Finishers Medal

FINANCIAL ASSISTANCE IS AVAILABLE BASED ON HOUSEHOLD INCOME. IT IS AVAILABLE TO ALL FAMILIES THAT REQUEST IT DURING THE ONLINE REGISTRATION PROCESS.

Families may pay \$20.00-\$130.00, depending on reported income.

- Team size is limited to 15 girls per team. Additional teams may be added if adequate coaching teams are available.
- Initial registration is based on a lottery system. If more girls sign up than space available and an additional team cannot be made, a random lottery will select 15 girls. Full refunds will be given.

For more information, please visit <https://www.gotrwm.org>