



eliminating racism
empowering women
ywca

***Preparing Girls for a lifetime of
self-respect and healthy living!***

Your daughter can be a “GIRL ON THE RUN” at L.J.M. this fall!

Girls on the Run (GOTR), is an interactive life-changing after-school character development program for girls in **3-6th grade**. During this 10-week/20 session program, girls will join in experience-based activities that address all aspects of a girls’ development, including their physical, mental, emotional, and social well-being. Plus, each girl will train for a celebratory 5K run through games, individual and team activities and FUN!



Sept. 9, 2019 – Dec. 7, 2019

Tues. and Thurs. from 3:30 pm – 5:00 pm

Celebratory 5K Race: On Saturday, Dec. 7, 2019, all GOTR York County participants will run, walk, skip, or hop together and **CROSS THE FINISH LINE WITH A LIFETIME OF CONFIDENCE & THE POWER TO STAND TALL!**

ONLINE LOTTERY REGISTRATION: www.ywcayork.org/gotr Lottery registration will remain open from: Aug. 12 – Sept. 2, 2019. On Sept. 2, 2019, a random, computer generated lottery will be run. If a program is not full after the lottery is run, the registration will re-open and participants will be accepted on a first come, first serve basis until the team is full. Season registration closes one week after the season starts.

IF YOU ARE SELECTED IN THE LOTTERY: You will receive an email that you have been selected and your credit card will be charged.

IF YOU ARE NOT SELECTED IN THE LOTTERY: You will receive an email that you are on the waiting list, and your credit card will not be charged, unless you move from the waiting list to the registered list

All girls must be able to commit to BOTH practice days and the 5K race in order to participate.

Program Fee: \$150.00

FINANCIAL ASSISTANCE IS AVAILABLE

Contact Betsy Stein-Hoffmaster for more information on financial assistance or with questions.

bhoffmaster@ywcayork.org or 717-434-1748

The school district neither encourage nor discourages a student’s participation in the activity described herein.

