



# Girls on the Run Spring 2021

in-person, online or a combination based on your site's needs

For 13 years, Girls on the Run Montgomery County has been more than a running program. GOTR helps girls develop the physical and social-emotional skills to navigate adolescence and reach their potential. During a time when girls must navigate uncertainty, GOTR will provide tools to express their emotions and find their voices.

- All 50 states offer GOTR, an after-school program for girls ages 8-13
- See our [COVID Health and Safety Plan](#)
- Two curricula available
  - GOTR v2 for girls in grades 3-5
  - Heart & Sole v1 for girls in grades 6-8

ALL girls will receive a journal for the lessons and a GOTR T-shirt, season completion certificate and finisher's medal for the celebratory site-based or virtual 5K event.

The Spring 2021 Season begins the week of April 6th with a culminating celebratory 5K event on the weekend of May 22nd. We welcome multiple teams (up to 15 girls/team), with 2+ coaches per team.

	Online Only	In-Person <i>*transition to online if needed</i>
Curriculum:	Girls on the Run (v2) or Heart & Sole (v1) evidence-based Curriculum	
Coach Requirements:	2 per lesson (2-4 in total) <i>*self-paced online coach training and live virtual</i>	
Team Size:	Min 6 girls - Max 12	Min 6 girls - Max 15
Lessons:	16	
Meeting Frequency:	Twice weekly for 45-60 minute live virtual sessions with independent activities between sessions <i>Includes: accompanying videos</i>	Twice weekly for 75-90 minutes OR 45-minute live virtual sessions with independent activities between sessions <i>Includes: accompanying videos</i>
Celebratory 5K:	Site/Team based or virtual	Site/Team based <i>*virtual option available</i>
Technology Requirements:	Zoom or Google Meet	Zoom or Google Meet
Program Fee	\$100/girl	\$150/girl

Financial assistance is available to participants in the FARMS program from \$15-\$75. Full scholarships may be offered as needed.

## Ready to get started?

Feel free to email the CJMS coaches with any questions or comments:

[victoria\\_a\\_barry@mcpsmd.org](mailto:victoria_a_barry@mcpsmd.org)

[lauren\\_f\\_rogers@mcpsmd.org](mailto:lauren_f_rogers@mcpsmd.org)

Submit Site Interest Form  
(click here)

For additional questions or to learn how to start a site, please contact Claire Paz, Program Manager, at [claire@girlsontherunofmoco.org](mailto:claire@girlsontherunofmoco.org)