

# Join a Girls on the Run or Heart & Sole Team We Can Make This Work for You!

At Girls on the Run of NOVA we make it a priority to make the program affordable and accessible to all girls. The standard registration fee for the season is \$175, but there are several financial assistance, discount, and payment options:

## Program Discounts

**Coach Daughter/Coach Family:** \$110

Parents and relatives who coach their GOTR girls' team receive a discount!

**Military Discount:** \$150

**Sibling Discount:** \$150 for second child

## Payment Plans

When you register, you'll have the option to pay the program fee in two or three installments!

## Financial Assistance

**Program Cost for Families with Financial Needs:**

\$75 for Reduced Lunch Families

\$22 for Free Lunch Families

If your family is eligible for the USDA Free or Reduced Lunch Programs, you may select the financial assistance option that applies to you in the registration form and your fee will be adjusted.

Do you need financial assistance for your GOTR girls' registration, but feel you aren't eligible for a program discount or the USDA Free or Reduced Lunch Program?

Give us a call at the Girls on the Run of NOVA office at 703-273-3153! We can work individually with families to determine a payment plan or reduced program fee.

## How to Register

Register online via our homepage  
[www.gotrnova.org](http://www.gotrnova.org)

January 27  
through  
February 25



## What's Included?

- Participation in the 10 week season, 20 GOTR sessions
- Girls on the Run t-shirt
- Water bottle
- Entry into the end-of-season 5k run
- 5k celebratory medal



brain



heart



social



body



spirit