

We're pleased to announce that Tiverton will join a dozen other communities in Rhode Island, and over 170 communities nationwide, who have already established a **Girls On The Run** chapter to encourage 3<sup>rd</sup>-5<sup>th</sup> grade girls in their communities.

**10 weeks. 20 lessons. Life changing.**

**Our Mission:** *We inspire girls to be joyful, healthy and confident.*

**How do we do it?** *We use a fun, experience-based curriculum that creatively integrates running. The games and activities first help 3rd through 5th grade girls get a better understanding of who they are and what's important to them. Then we look at the role of teams and healthy relationships. Finally, we explore how girls can positively connect with and shape the world.*

**Me + Relationships + Community:** *Meeting twice a week in small teams of 8-15 girls, we teach life skills through dynamic, conversation-based lessons and running games. The 20-lesson curriculum is delivered by certified Girls on the Run® coaches and includes three parts: understanding ourselves, valuing teamwork and understanding how we connect with and shape the world at large.*

**Up and Running:** *At Girls on the Run, running is not just a metaphor. We use this activity to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment. At each season's conclusion, the girls complete a 5k running event with all the other Girls on the Run Rhode Island chapters from around the state, in Providence.*

**Measurable Results:** *Evidence-based evaluation of the program shows a statistically significant improvement in body image, eating attitudes and self-esteem. Research also indicates an improved sense of identity and an increasingly active lifestyle for program participants.*

**Coaches:** *All GOTR Coaches attend required training at the state level, in how to deliver the nationally designed and approved curriculum in age-appropriate ways to stimulate conversation to help these young girls deal with the various topics. Coaches must also pass the same required background checks as public school volunteers.*

**Cost:** *GOTR is a non-profit organization, but there is a fee of \$165 per girl which covers all the materials for 20 sessions, including snacks each day, as well as the 5K registration. We also have built-in reduction for girls who receive free lunch (they pay \$15) or reduced lunch (they pay \$40). We also offer other financial aid on an as-needed basis and GOTR absolutely never turns a girl away due to inability to pay.*

**Tiverton GOTR Details:** *Thanks to the support of the Tiverton Recreation Committee, we'll launch Monday, March 23<sup>rd</sup>, and run twice a week for 10 weeks, on Mondays and Thursdays from 4pm-5:30 at the Bulgarmarsh Rec Area. In case of inclement weather, we'll meet across the street from Bulgarmarsh Rec Area in the Yellow Building at Sandywoods at 73 Muse Way.*

*We have space for 15 girls this spring, so please consider having your daughter be part of Tiverton's first team. I encourage you to visit GOTR's website [www.gotrri.org](http://www.gotrri.org) to register or for more information, and if you have any questions at all, please don't hesitate to call Jules Johnston at [johnston.jules@gmail.com](mailto:johnston.jules@gmail.com) or 401-261-8556.*