



## APPLICATION FOR BECOMING A GOTR SITE Girls on the Run of Louisville

Application deadlines: Fall Semester June 1<sup>st</sup> and Spring Semester January 1<sup>st</sup>.

### Basic Site Information

SITE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

SEMESTER SCHOOL START DATE: \_\_\_\_\_

### Site Liaison Information

The Site Liaison's role includes assuring the smooth implementation of the program by securing appropriate training space and serving as a link between coaches, participants and parents.

LIAISON NAME: \_\_\_\_\_

TITLE/ROLE: \_\_\_\_\_

LIAISON PHONE #: \_\_\_\_\_

EMAIL: \_\_\_\_\_

### Readiness to Participate Criteria

Girls on the Run of Louisville will provide all the materials, training and incentives needed to run the program. However, the site is required to provide the following:

- Provide a Site Liaison (See description above).
  
- Provide a safe, dedicated space for outdoor running. **THIS IS ESSENTIAL.** This does not have to be a track. A field or blocked off parking lot area is fine. The optimal space would be

approximately ¼ mile in distance. This area should be safe and separate from other kids and programs.

Briefly describe the available outdoor running area:

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- Provide an indoor rain location that is separate from other programs. This would preferably be a gym or other area where some running can occur.

Briefly describe the available indoor space:

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- Determine plan for successfully marketing to participants and parents to ensure a minimum of 8 girls, maximum 15. (i.e. flyers, attending PTA meeting, GOTR staff to attend school event)
  - Identify participants and distribute registration forms to girls in all targeted grades. GOTR has a template registration form that can be modified for your site. We can print forms for you, or you can print them yourself.
  - Please have school principle or site director sign below indicating his/her acknowledgement and awareness that GOTR will be delivered at your site:
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- Determine if the site would allow participants to include those who do not attend that particular school.

### **Team/Practice Information**

Please choose 2 days per week when the participants will meet for their 60-90 minute lesson.

The days should not be consecutive.

Days: \_\_\_\_\_

Times (i.e. 3:00-4:30p.m.): \_\_\_\_\_

### **Program Fees:**

The cost of the Girls on the Run program is \$150 per participant. Girls on the Run is usually set up as an individual pay-to-participate program. Any girls unable to pay may be eligible for a scholarship and should submit an application directly to Girls on the Run. Scholarships are available depending on funding through community grants and support. We would be happy to discuss program costs and different options with you so that we can make the program accessible to each girl at your school.

Included in the fee price:

- 24 60-90 minute lessons conducted by a certified GOTR coach
- 15% off New Balance purchases at Ken Combs Running Store and Happy Toes
- Healthy snacks at the end of each lesson
- Lesson handouts and materials
- Girls on the Run 1-shirt
- Girls on the Run water bottle
- Entry into the GOTR 5K race
- End of season party

**Site Visit**

Before any new GOTR location is added, a site visit must be performed by a member of Girls on the Run of Louisville. During the visit, the GOTR representative will meet with the site liaison and others at the location to review the space and also answer any questions about the program. Once the appropriate people at the site have been identified, please contact program coordinator Brittany Carrithers at [bcarrithers@gotrlouisville.org](mailto:bcarrithers@gotrlouisville.org).

**FAX, MAIL or EMAIL Application to:**

Brittany Carrithers, Program Coordinator

[bcarrithers@gotrlouisville.org](mailto:bcarrithers@gotrlouisville.org)

P.O. Box 6166 Louisville, KY 40206

Fax: 513-362-6019