

# Register for **Girls on the Run** at **DECORAH COMMUNITY SCHOOLS**



[GOTRCENTRALIOWA.ORG](http://GOTRCENTRALIOWA.ORG)

Season Start: **March 17, 2026**

Season End: **May 7, 2026**

When: **Tues/Thurs 3:30-5PM**

Where: **West Side Elementary**

Registration Fee: **\$150**

\*Financial assistance is available to families in need during the registration process and is based on a sliding scale.



SCAN TO REGISTER

PROGRAM LOTTERY REGISTRATION OPENS ON FEBRUARY 9!

Questions? Contact **Jordan McCormick** at [jordan.mccormick@dmyymca.org](mailto:jordan.mccormick@dmyymca.org)



At Girls on the Run, we inspire participants to be joyful, healthy, and confident using a fun curriculum which creatively integrates running and movement.

- ★ After-school program for 3rd-5th graders
- ★ Increased confidence & social-emotional skills
- ★ BRAND NEW curriculum & trained coaches
- ★ Recognized by Harvard as a top SEL program



**AT GOTR, PARTICIPANTS LEARN THEY CAN...**



Build the confidence to be themselves



Learn to listen deeply, show empathy, and invite others to speak up, too



Learn from mistakes and persevere using stick-with-it strategies



# Girls on the Run is for **EVERY** *girl*!

## Spring 2026 Program Fees and Financial Assistance

We are committed to making Girls on the Run accessible to all girls . We offer reduced fees based upon household income with an option to pay what you can at checkout. If you are needing additional assistance beyond the scale below, indicate that you need financial assistance during the online registration process. On the final checkout page, you can type the amount you are able to pay in the section titled Additional Adjustments. Contact us at 515-410-9845 or email [Jordan.mccormick@dmyymca.org](mailto:Jordan.mccormick@dmyymca.org) for more information.

Income Range	Fee
\$0-\$24,999	\$25
\$25,000-\$48,999	\$75
\$49,000-\$74,999	\$115
\$75,000 and above	\$150



### What Registration Includes:

Program registration includes 2x/week practices conducted by at least (2) certified GOTR Coaches, an official GOTR t-shirt, participation in the season-ending 5K for your GOTR participant, a water bottle & a 5K finisher's medal.

Register at: [gotrcentraliowa.org](http://gotrcentraliowa.org)

Financial assistance based on income range, shown in the above chart, is available during the online registration process.



A program of:

