

FAQs for Fall 2020 In-Person/Flexible Teams

When and how can I register for the program?

Online registration is open until September 9th at noon. It is NOT first come, first served. Late registration will open at select sites that still have capacity for girls; available at 5:00 p.m. Sept. 9th on a first come, first served basis until teams are full or 5:00 p.m. on September 18th. Online registration can be found at: www.gotrstl.org.

My school is hosting an in-person team, but I don't feel comfortable with my daughter participating in after-school activities. Can she still be a part of Girls on the Run?

Yes! A silver-lining to our split of in-person and virtual teams is that we have created virtual-only Community teams for ANY girl to join. Through this option, your daughter will be on a virtual team with girls from across our 23 county territory. Registration for All Virtual teams is available on the same registration form found [here](#).

What will happen if school shifts to remote learning?

We are prepared for this to happen! A shift to virtual learning does not mean Girls on the Run is canceled. We have been working diligently to create a program that can work in-person and virtually. Coaches are prepared to shift to virtual Girls on the Run at any point during the season, and your daughter will still be able to interact with her friends and remain engaged with the GOTR lessons for the remainder of the season no matter what happens with school.

If we have to go virtual, we don't have a computer at home. Can Girls on the Run practices be accessed via a tablet or smartphone?

Yes, most virtual platforms have an app or are accessible via a smartphone or tablet. If there are issues accessing video, there is also an option to just call into the audio of the session. We do, however, suggest that you use WiFi to connect vs. cellular data as it is typically a more reliable connection.

Will there be a final 5K at the end of the season?

All participants will be registered for a Virtual 5K celebration, and there may be options for a site or community-based 5K depending on guidelines at the time. Stay tuned for more information.

Is there a fee?

Girls on the Run St. Louis offers site-based fees on a sliding scale, ranging from \$25 to \$175. For the fall 2020 season, all fees are being reduced by 25%. Regardless of the fee at your site, all girls are eligible to access financial assistance in the form of scholarships, payment plans, and sibling discounts. GOTR-STL is committed to program access, and we will never turn a girl away because of financial reasons. Updated program fee information can be found [here](#).

What is included in registration?

Registration includes 16 lessons led by trained GOTR/H&S coaches, Girls on the Run t-shirt and water bottle, 5K registration, a snack at in-person practices, and an activity journal to use during lessons.

Can I get a refund if I cancel my girl's registration?

It is your responsibility as a parent or guardian (not the coach) to contact the Girls on the Run St. Louis office if your girl is dropping from the program. Girls on the Run St. Louis will issue a full refund if a girl drops by the end of the 2nd week of practice (deadline to request is Sept. 18). A 50% refund will be given during the 3rd week of practice (deadline to request a partial refund is Sept. 25). No refund will be issued for any cancellations after 5:00pm on Sept. 25th.

Will I be refunded if in-person Girls on the Run has to switch to virtual?

Program fees will not be refunded if moved to remote learning. We understand that nothing replaces meeting together as a team. However, most of Girls on the Run's costs are incurred before the first team meeting – everything from curriculum and activity materials to background checks and coach training. In addition, we have invested in developing a robust remote learning option all while reducing the cost for this season to accommodate the changes in our current affairs.

If we switch to virtual, I don't want to participate in Girls on the Run. Can I get a refund?

With the exception of last season, we do not provide refunds after the third week of our program.