



Dear Parents,

Oneonta Middle School is hosting a Girls on the Run team this Spring, and we are encouraging all girls in grades 6, 7 and 8 to consider participating.

Girls on the Run is so much more than a running program; we inspire girls to be joyful, healthy and confident with a fun curriculum that integrates running into the lessons. You are part of something big: our council covers seven counties in Central New York and Girls on the Run Councils exist all around the country!

The OMS Girls on the Run team will meet for 10 weeks on Mondays and Wednesdays from 2:30 to 4:00. Team meetings will begin on March 12th. Attendance and participation at all 20 sessions is very important. We want all girls to be well trained for the end of season 5k, and we also want each girl to feel like an important part of the team. There is a great deal of bonding that takes place, and each lesson builds on previous ones. It is our policy that if you miss more than 4 lessons, you may not be eligible to continue with the program, so please make every effort to attend both sessions each week.

The Girls on the Run Celebration 5K Run is the final event of the season, and the training over the season will prepare you for this. This is an exciting, family-friendly event that will include other school sites across Central New York. The Run will be scheduled for Sunday, June 3.

Space on the team is limited, so please register during our online registration period which will run from Monday, January 22 through Monday, January 29. You can register by going to:

<http://www.girlsontheruncny.org/get-involved/register-your-girl>

If there are more registrants than space on the team then our Girls on the Run Council will apply lottery software to randomly select registrants. This process cannot be influenced by coaches or school staff. You will receive a letter of confirmation that your girl has secured a space on the team about 2-3 weeks after the registration period.

The registration fee for the 20 Girls on the Run sessions and race day entry is \$90. We realize that this may not be financially feasible for all families, therefore we do have scaled pricing based on household income. We also provide scholarships on an individual basis upon request. Within the online registration form, you will see the specific pricing options that fit your ability to pay. Please do not allow this registration fee deter you from signing your daughter up to participate. As a small, non-profit organization, Girls on the Run of Central New York needs the fees to continue our program, but we also want to help any and all girls that can benefit from our program. If your want your daughter to be on our team, we will find a way to make it happen.

I can be reached with any questions or concerns at clewsi@oneontacsd.org and 607-433-8262.

We hope your daughter can join our Girls on the Run team. It's going to be a great season!

Coleen Lewis

OMS Principal and Volunteer Coach