

Girls on the Run of NOVA

What's in a Fee?



Dear GOTR NOVA Families,

We have announced a small increase in our program fees for the 2014/2015 season of between \$5-\$10, depending on the category of financial need. This marks the first time we have raised our fees since 2009. Over the past five years, we have seen our costs rise for virtually everything we need to run the program. As a non-profit organization, we're committed to being good financial stewards on behalf of our girls and their families, but we need to charge enough to cover our costs.

Most parents are happy to pay the fee we charge for Girls on the Run, but we do get a few questions from parents who ask us what the fee pays for. Many of our costs are fairly straightforward, as they are the visible signs seen at every practice. These direct program costs include items given to every girl and every team:

- A Girls on the Run t-shirt
- 20 GOTR sessions, plus entry into our end-of-season 5K run
- A 5K medal
- Printed handouts and game pieces for every team
- A box of supplies for every team - things like stickers, markers, lap counters and chalk
- Race bibs and timing chips for all of the girls who run the 5K
- A t-shirt for each of our hundreds of volunteer coaches

Some of our expenses are not as obvious - these expenses include items like:

- Background checks and CPR certification for coaches, to ensure the safety of all of the girls
- Insurance for our coaches and girls
- Costs associated with coaches training
- Fees paid to GOTR International for use of the GOTR curriculum and logo
- Our online registration system and credit card fees
- Costs to keep our website operating and updated
- Various 5K expenses, including, but not limited to:
 - Signage-both directional and informational
 - Rental of barricades for our race course
 - Police to direct traffic and ensure safety at our 5Ks
 - Medical personnel and supplies at our 5Ks
 - Race day water and bananas
 - Portable restrooms
- And of course general office expenses - things such as rent, utilities, office supplies, and business insurance

We strive to keep fees as low as possible, and continue to seek support from the Northern Virginia community to do so. Research studies show that significant increases girls' physical activity, self-esteem and body size satisfaction are proven outcomes of GOTR participation, and we believe the value of the Girls on the Run program far outweighs the cost.