



Girls on the Run of the Triangle

1415 West Highway 54, Suite 211

Durham, NC 27707

Phone 919.401.6307

Fax 919.401.6308

**Girls on the Run of the Triangle (GOTR)
Fall 2011 Parent Reference Guide**

Dear GOTR Parents,

It's almost time! We are so happy that your daughter will be participating in our program this fall at the **Finley Y Mon/Wed**. We have a few things to share with you as you get your daughter ready for GOTR. Please keep this as an easy reference to answer any questions along the way.

Program Information:

Dates: Week of September 12th - Week of December 5th

Days: Mondays and Wednesdays

Time: 5:00-6:15 pm

Meeting Place & Pick-Up Location: In front of the Y on the soccer fields, by the flagpole.

Inclement Weather/Indoor meeting space: The Jungle Room off the Cooler

Site Contact: Mary Lyons Mitchell Mary.Mitchell@ymcatriangle.org

Coach Information:

Coach Name and email: Lisa Humphreys lisa.humphreys@ymcatriangle.org

Coach Name and email: Lori Nourse lnourse@cisco.com

GOTR Office:

1415 West Highway 54, Suite 211

Durham, NC 27707

Phone: 919.401.6307

Fax: 919.401.6308

Email: susan@gotrtriangle.org

Who Do I Ask?

Coaches ... Questions about times, locations, attendance and other logistics; general questions about lessons and race day questions

Girls on the Run Office ... For in-depth questions or issues about the lessons, curriculum, overall GOTR program or organization; issues or concerns about coaches; or scholarship questions.

Please make sure your daughter comes to every practice with:

*A full water bottle

*Socks and Athletic Shoes (your daughter will not be allowed to run if she is not wearing athletic shoes)

*Clothing appropriate for running and playing. For warm weather, shorts and t-shirts; sweat pants, sweat shirts and layers as it gets colder

*Snacks are NOT provided to participants. Please feel free to pack a snack for your daughter to eat prior to the session beginning.

*As your daughter to come with a be-yourself, positive attitude & lots of energy!

How to Stay in Touch with Us:

- We will send out monthly electronic newsletters by the 15th of each month. Please take a moment to read the updates and information included.
- Friend us on Facebook! Girls on the Run of the Triangle. We post resources, updates about the lessons of the day, pictures, and details for upcoming events daily!
- Check our website: <http://www.gotrtriangle.org>

Dates To Remember:

Wake County Parent Information Session: Friday, September 9th 5:30-7:30pm Fleet Feet Raleigh

Durham County Parent Information Session: Wednesday, September 7th 5:30-7:30pm New Balance Durham

Orange County Parent Information Session: Friday, September 1 5:30-7:30pm Fleet Feet Carrboro

Girls and Guys Night In at A Southern Season (fundraising event to benefit Girls on the Run of the Triangle: Sunday, September 18th 7:00-9:00 pm. Tickets available on our website:

<http://www.gotrtriangle.org>

End of Season 5k: Reindeer Romp at Wake Med Soccer Park in Cary, Saturday, December 3rd.

Please Note: Girls will not be able to participate without returning the following form:

- Participant's Health History Form

This form must be completed and **handed to a GOTR Coach** (not mailed) **NO LATER THAN THE THIRD SESSION**. Girls will not be able to participate until the forms have been returned.

Please don't hesitate to contact us with any questions prior to the start of the program year. We are looking forward to a great season ahead!

Sincerely,

Susan Mehlman, Program Manager