



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



Girls on the Run is an
afterschool program like no
other!

Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th-grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event.



Why it matters

It's fun. It's effective.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

SEASON DETAILS

Registration Opens: 12/1/2022

Program Starts: 2/13/2023

Celebration 5K: 5/13/2023

Program fee: \$125

Financial assistance is available to all who apply. Coaches needed! You do not have to be a runner to coach! At GOTR we support diversity in all areas of life no matter your fitness level, we know our girls can benefit from your involvement! Find out more at www.gotrwm.org/coach

Learn more and register today at www.gotrwm.org.