



Girls on the Run - Spring 2023

*We believe that every girl is inherently
full of power and potential.*

*As the leaders of their lives, these are
the girls that will change the world.*

About Girls on the Run

At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Each session is led by trained volunteer coaches who guide and mentor the girls through dynamic discussions, activities and running games. Lessons are fun and engaging and teach specific skills and strategies such as how to manage emotions, help others, make intentional decisions, and resolve conflict. Girls can then use these strategies at home, at school and with friends. The program culminates with all participants walking or running a celebratory 5K event, which gives them a tangible sense of accomplishment, as well as a framework for setting and achieving life goals.

The 10-week program is for girls in 3rd, 4th and 5th grades
of all fitness abilities.

Practice Times: Mondays & Wednesdays 3-4:30 pm

OR, Tuesdays & Thursdays 3-4:30 pm

Start Date: week of March 20th

Location: Marston Elementary School

5K Celebration Event: June 3 (Concord, NH)

To learn more about Girls on the Run, registration or financial assistance,
please visit our website:

<https://www.girlsontherunnh.org/>

Program lottery registration will open on February 13

No girl will be turned away for financial reasons