

# GIRLS ON THE RUN IS: *life changing*



**Practice Days:  
Monday and  
Wednesday from  
2-3 pm**

**MUST HAVE  
TRANSPORTATION**

Girls on the Run Panhandle  
Fall 2022  
Registration Information

REGISTRATION DEADLINE for  
Fall Season is  
September 17, 2022

The program will begin the  
week of September 19th.

### OUR MISSION:

We inspire girls to be **joyful, healthy,**  
and **confident** using a fun, experience-based  
curriculum which creatively integrates  
running.

**First Come.  
First Serve.**

**Register today to  
ensure your spot!**

Girls on the Run of the Big Bend provides life-changing experiences for **ALL girls grades 3-5**. This unique program combines running and training for a 5K race with life lessons that encourage healthy habits, self-esteem, positive thinking and an active lifestyle. Through these lessons, girls are inspired to pursue a lifetime of self-respect and healthy living!

Girls on the Run (GOTR) is an 8-week program that meets one to two times a week for up to 2 hours each time. Programs are currently offered in Leon and Jefferson County. Throughout this time, girls participate in uplifting workouts and team activities that build self-esteem, character and positive lifestyles. *There is never an emphasis on speed or competition – girls are simply encouraged to do their individual best.* The season ends with a noncompetitive 5K (3.1 mile) run for all GOTR teams, giving girls a chance to shine and a big sense of accomplishment at the finish line! **Girls On The Run, Is So Much Fun!**

For more information about registration for Girls on the Run please visit our website at

**Register online at: [www.gotrpanhandle.org](http://www.gotrpanhandle.org) or call (813) 416-8119**

**Reach out to Mrs. Vance with any questions**

**If registering online please send a copy of the registration into school.**

**REGISTRATION DEADLINE September 17, 2022.**

learn. dream. live. *run.*™