

GIRLS ON THE RUN
IS: *life changing*



Practice Days:
Monday and
Wednesday from
2-315 pm
MUST HAVE
TRANSPORTATION

Girls on the Run Panhandle
Spring 2023
Registration Information

Registration opens
January 30, 2023
REGISTRATION DEADLINE
February 27, 2023

The program will begin the
week of February 27th.

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 Bay, Okaloosa, 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 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 February 27th 2023.

learn. dream. live. *run.*™