

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

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



More than a Running Program

Unlike other programs, Girls on the Run combines social and emotional learning with physical activities

What's included:

- 20 interactive lessons by trained volunteer GOTR coaches
- GOTR program shirt
- GOTR water bottle
- GOTR cinch sack
- Entry into the 5k race
- Finisher's medal
- End of season goodie bag
- Tons of fun and long lasting memories!



Program Scholarships made possible by



presented by
AIR PRODUCTS



SEASON DETAILS: SEVEN GENERATIONS CHARTER SCHOOL

- Girls, 3rd-5th grade
- **Practice days/times:** T/TH, 3:45pm-5:15pm
- **REGISTRATION :** Online registration
 - 20 roster spots
 - Do not wait to register, spots will fill up fast!
 - paper registration forms available if needed
- **3/7/2023:** First Practice
- **5/21/2023:** 5k @ DeSales University
 - stay tuned for more information regarding this exciting event throughout the season!
- **Registration Fee:** \$160
 - payment plans and scholarships available
 - sliding scale based on household income for financial assistance is provided when registering online.

Why it matters
It's fun. It's effective.

Participants of all intersecting social identities, including all races, ethnicities, income levels, sexual orientations, religions and those with and without disabilities may register.

register at <https://www.gotrlehighvalley.org/programs>