



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



Girls on the Run is an afterschool program like no other! Practice is twice a week for 8 weeks, girls of all abilities will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3 - 5 grade girls through interactive lessons and running activities. No running experience needed to join. The season ends with a noncompetitive 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 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Learn more and register today at WWW.GOTRMN.ORG