

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



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AIR PRODUCTS



SEASON DETAILS: GRANGE PARK

- **Practice days/times:** M/W, 4:30pm-6:00pm
 - Grange Park Pavillion (by the Pump Park)
- **1/9/2023:** Online Registration opens (15 spots)
 - 3rd-5th grade girls
 - do not wait to register, spots will fill up fast!
 - paper registration forms available if needed
- **3/6/2023:** First Practice
 - Hopewell Community Park Pavilion
- **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.

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

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

The Parkland School District does not sponsor or sanction this program/event/activity.

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