



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

Get your girl moving & having fun after school this spring!

Girls on the Run is an after school program like no other.

Twice a week for 10 weeks, 3rd-6th girls of all abilities will have fun, make friends, increase their physical activity and learn important life skills through interactive lessons and running activities in an inclusive team setting.

Team Location: Nibley Park School

Practice Days: Wednesdays 3:30-5:00 & Fridays 2:00-3:30

The program includes:

- 20 lessons led by trained & caring coaches
- Official t-shirt, water bottle & cinch bag
- Personal journal & lesson supplies
- Healthy snack at every practice
- Entry to end-of-season 5K

So much more than running...

Girls on the Run makes an impactful difference at a critical age when girls need it most.

EVERY girl is given a place to grow, connect and shine regardless of race, income status, ethnicity, religion, gender identity or ability.



Pay what you can. Various payment options are available when registering online.

The spring program starts the week of March 20 and ends with a 5K on Saturday, June 3 at Sugar House Park



Sign her up today! Learn more at
www.girlsontherunutah.org

