

Girls on the Run is for **EVERY** girl ^{RSN 1/24/23}

Girls in grades 3rd-5th are invited to join us for an after-school program like no other!

More than a Running Program

GOTR combines social and emotional learning with physical activities.
No running or athletic experience required!

What's included:

- Twenty interactive lessons lead by trained volunteer GOTR coaches that inspire all girls to: build their confidence, learn how to live a healthy balanced life style, build healthy relationships with their peers, enhance their decision making skills and much, much more!
- GOTR program shirt
- GOTR cinch sack
- Entry into the 5k race
- Finisher's medal
- End of season gift
- Tons of fun and long lasting memories!

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

Visit our website to learn more & register!

www.gotrlehighpocono.org

SEASON DETAILS FOR: Pleasant Valley Intermediate School

Girls 3rd-5th grade

- The season will run from the beginning of March through the middle of May!
- Practice days/times: Tu & Thur 3:30-5:00 pm
- First Practice: Thursday, March 7th; Meet in Aux. Gym
- Saturday, May 11th-5K Celebration at East Stroudsburg University. More details to follow!
- Registration fees: \$10-\$160
 - A household income chart will be provided for any needed financial assistance during online registration
 - Payment plans and additional financial assistance are available

Outside of unforeseen circumstances, we ask that participants commit to attending all practices during the season. All lessons build on one another and consistent attendance will ensure a positive experience and being prepared for the 5k!

Note: This activity is not officially approved by the Pleasant Valley School District and is not necessarily endorsed or supported by the school district. Permission to distribute this information is provided as a service to staff.

