

The Snohomish School District has approved this information for distribution through its schools. The district does not, however, assume sponsorship of/or responsibility for the actual content of any of the activities offered.

# Girls on the Run is for every girl, no exceptions.

Run, walk, roll, push, or skip – participants of all abilities have a place on our team.



## IMPACTS OF GOTR

### By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community projects
- Intentional goal-setting activities



# Girls on the run®

### ...she gains these FOR LIFE.

- Deep inner strength
- Meaningful connection to others
- Foundation of physical health
- Empathy and respect for those around her
- Confidence to pursue dreams of all sizes

## START A TEAM!

## Bring Girls on the Run to your school!

By hosting a team during our 8-week Spring 2025 season, you will inspire girls and gender-expansive youth to embrace their individuality, make new friends, and find joy in movement. Find out what it takes to start a Girls on the Run team at your school!



[www.GirlsontheRunSnoCo.org](http://www.GirlsontheRunSnoCo.org)