

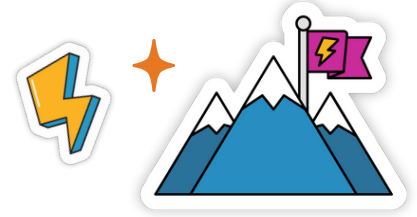
JOIN GIRLS ON THE RUN!



Hello, **MOUNTAIN MOVER!**

Girls on the Run features lessons focused on what matters most to your girl. This season, she will build the confidence to do hard things. How? By developing powerful tools to help her believe in herself, then applying these tools to take on challenges alongside her team.

**Girls on
the run**[®]



GIRLS LEARN HOW TO...



Discover their I Can! Power — the power to do hard things



Manage and move through difficult emotions



Use stick-with-it strategies to help them overcome obstacles



Proudly breathe, believe, and achieve their goals

Mifflinburg Intermediate Grades 3-5

Registration opens January 22, 2025

Season Starts: Week of February 24, 2025

Practices: Tuesday & Thursday, 3:30-5:00 PM

5K Celebration: April 26, 2025

Discounts and Payment Plans are available!

QUESTIONS?

GOTR Coach Contact at
Mifflinburg Intermediate

Jared Sholley

✉ jsholley@sholleyagency.com

☎ 570-412-6858

SCAN ME TO
REGISTER



For more information
and to register, visit

www.gotrmidstatepa.org