

Girls on the Run®


Building *confidence* to last a *lifetime*


Girls on the Run is a girl-empowerment organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.



Why GOTR Matters

 Girls' **self-confidence** begins to drop by **age 9**

 Girls' **physical activity** levels decline starting at **age 10**

 **50%** of girls ages 10 to 13 experience **bullying**

Spring 2025 Season Dates:

Registration opens Tuesday, February 4th
10-week season begins the week of March 3rd
Celebratory 5K on Saturday, May 17th

Registration cost: \$185

Includes 10-week program, t-shirt, healthy snacks at each lesson, water bottle, journal, 5K registration & finisher's medal. Financial assistance available for all participants. See registration form for options.

Registration lottery: to ensure that all girls have equal opportunity to participate, the first week of registration is a lottery - see website for details. Registration will reopen on a first-come, first served basis for any sites with space remaining after the lottery is run.

scan here



Join us!

Girls on the Run is coming to our community this spring!

Location:
Bath Elementary

Grades served: 3-5

Practice Days & Times:
Mon & Wed / 3:15-4:45 PM

Contact: Carin Helfer
carin.ann.helfer@gmail.com

For more information and to register, visit www.gotrneo.org or call 234-206-0786