



Think Spring and getting outdoors!

Think the only way to complete a 5K is to run the whole way? Think again!!

You can jog, walk, run, or mix all 3 ☺ Girls in Grades 3-5 can come check out Girls on the Run and see how much they can do!

Our Program: At Girls on the Run, 3rd - 5th grade girls of all abilities prepare to complete a 5k – walking, jogging or running. At every lesson the girls get exercise and talk about important life skills - and they make new friends ☺. The season ends with a fun 5K event!

Spring 2025 Season Info/Dates – Registration is open

- **Season:** Week of April 7th- June 9th (1 week off for spring break)
- **5k:** Sunday, June 8th at UB North Campus
- **The Windom Elementary Team will meet**

Mondays and Wednesdays: 3:15 – 4:45 PM

Grades: 3 - 5

Coach Nicole

NEW THIS SPRING: Early bird special to celebrate our 15th year = \$150 registration fee up until March 15th. Includes all 16 practices, season shirt, 5k registration for GOTR participant, medal, & season gift. **Financial aid is available.**

Apply directly online at www.gotrbuffalo.org.

Questions? Please contact Coach Nicole at : navitahl-curtis@outlook.com or at 617-877-1103