

JOIN GIRLS ON THE RUN!

Hello, FUTURE GOTR GIRL!

Girls on the Run teaches kids of all abilities how to feel strong and confident. Each lesson includes fun movement and simple ways to handle feelings, make friends, and show care for others. At the end of the season, the team completes a project to help the community and does a 5K together!



Girls on
the **run**®

OUR EVIDENCE-BASED PROGRAM...



Builds confidence to share thoughts, ideas, and feelings



Teaches Heart Power to speak up – even when they feel nervous



Helps girls learn to listen deeply, show empathy, & encourage others

SEASON DETAILS!

Registration Opens: **January 19, 2026**

Program Starts: **February 16, 2026**

Eisenhower Elem: **Tues/Thurs 3:00 - 4:30 PM**

Full Season Fee: **Sliding Scale from \$50-\$225.**
No one is ever turned away due to inability to pay.
Payment plans and financial assistance are available.

Fee includes the 8-week program, water bottle, t-shirt, snacks, take home journal and the 5K celebration event.

learn more at www.gotrtampa.org

SCAN TO REGISTER
YOUR GIRL TODAY!



Contact GOTR Staff:

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