Girls on the Run is for EVERY girl

Girls on the Run is an afterschool program that blends physical activity, meaningful conversations, and fun experiences to help girls build confidence and build connections.

Program Details

- School: Pleasant Valley Intermediate School
- Grades: 3rd-5th
- Practices: Tuesday & Thursday 3:30-5pm
- Season Starts: Tuesday, March 24th
- End-of-Season 5K: Sunday June 7th at PNC Field – details to follow

Please note that spots may be limited, so early registration is encouraged.

Program Cost

- Flexible fees ensure every girl can participate ($15-$175)
  - Families select a fee during online registration
  - Payment plans, sibling discounts, and full scholarships are available
- No girl will be turned away due to cost

What's Included

- Two practices per week for eight weeks, facilitated by trained volunteer coaches
- Program shirt, water bottle, cinch sack, and healthy snacks
- End of season 5K celebration finisher's medal and participant gift

Attendance Expections

- Participants should make practices a priority. Each lesson builds on the previous one, ensuring an optimal program experience and readiness for the 5K.
- *Refunds are not issued once the season begins*

To register or learn more visit our website

www.gotrlehighpocono.org

SCAN TO REGISTER

Girls on the run lehigh valley & pocono

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