



HER PATH TO EMPOWERMENT STARTS AT Girls on the Run®



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.



SEASON DETAILS

Teams meet twice per week from
September 21st - November 13th

Register by 9/14/2026

Program Fee: \$230

Financial assistance available



WHY IT 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.



SCAN ME!



QUESTIONS?

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