

Girls on the Run is...so much fun!

“Because I’m a Girl on the Run, I know that I am stronger than anyone anticipated.” -Allison
This spring give the gift of the GOTR experience to your 3rd, 4th or 5th grade girl!

Parents/Guardians – We are happy to announce that we will be hosting a **Girls on the Run** team this spring for girls in 3rd, 4th or 5th grade.

Registration will open January 23 at 6:00 AM on a FIRST COME, FIRST SERVE basis and will stay open until we reach a full team of 15, or February 8- whichever comes first.

Girls on the Run is WAY more than a running program. Through dynamic, conversation-based lessons and running games taught by certified Girls on the Run coaches, Girls on the Run is a safe supportive place for your girl to build her confidence, find friends, and learn life-skills to help her navigate her world.

Meeting twice a week in small teams of 8-15 girls running is used to teach girls how to set a goal, slowly work toward it and accomplish it while encouraging lifelong health and fitness and building confidence through accomplishment.

Volunteer coaches who follow a research-based curriculum, teach lessons including:

- how to turn their negative self-talk into positive self-talk
- how to understand their emotions
- how to choose good friends and be a good friend
- how to show gratitude and express empathy
- how to deal with gossip and handle peer pressure situations
- and SO MUCH MORE!

At each season’s conclusion, the girls complete a 5K (3.1 miles) fun run. Completing the 5K gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals.

The result—making the seemingly impossible, possible and teaching girls that they CAN.

Our spring 2019 season will begin the week of February 25, 2019.
We meet on Monday and Thursday from 2:35 until 4:00, in Room 14.
The celebratory GOTR 5K fun run will be held Saturday May 4 at 9:00am.

Registration is on a first come – first serve basis. Be sure to register your girl as soon as registration opens. To register your girl and for more information, visit: www.gotrNorthState.org. The program fee is \$125. Financial Assistance is offered based on yearly, household income as well as to families affected by the Camp Fire. The program fee includes the ten-week program, registration for the end-of-season 5k event, a shirt and finisher’s medal. Have your girl grab her running shoes and join the Girls on the Run team!

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