



Girls on the Run is for **EVERY** girl

Spring Program March 12 - June 2, 2018

Joy



Confidence

Empowerment

WHO WE ARE:

Girls on the Run is an afterschool program like no other! Twice per week for 12 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3 - 8 grade girls through interactive lessons and running activities. The season ends with a noncompetitive 5k event at Sugar House Park on June 2nd.

PROGRAM REGISTRATION INCLUDES:

- 24 lessons delivered by volunteer, trained GOTR coaches
- Grown Up Guide for each family with 5k training guide
- Official GOTR t-shirt and water bottle
- 5k finisher medal
- Entry to end of season 5k festival
- All curriculum materials and supplies
- Running incentives and prizes
- 12 weeks of fun, dynamic practices
- A healthy snack at each practice
- End of season awards and celebration
- Running shoes as provided to those in need

REGISTRATION FEE: \$195

Scholarship funding is available for those in need of financial assistance. We allow all girls to participate regardless of families ability to pay for the program.

Name of School:

Days of Practice:

Practice Times:

Register today www.girlsontherunutah.org