

GIRLS ON THE RUN IS FOR **EVERY** GIRL!

Run, hop, roll, walk, push or skip – participants with or without disabilities belong on our team.



AFTER-SCHOOL PROGRAM

for 3rd - 5th Grade Girls

Girls on the Run is a girl-empowerment nonprofit 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.

WHY GOTR 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

WHAT IS GOTR

Location: Paradise Canyon Elem.

Begins: September 10

Days: Tuesday & Thursday

Time: 2:35 pm - 4:05 pm

5K Date: December 16

2x per week for 10-weeks, girls have fun, make friends, increase their physical activity and learn important life skills. Trained and caring coaches lead small teams through interactive lessons and movement activities. The season ends with a celebratory 5K event.

For more information and to register, visit gotrsouthernutah.org

**SCHOLARSHIPS
AVAILABLE!**

QUESTIONS?

Contact **Melissa Miller**

✉ melissa.miller@girlsontherun.org

☎ 435.703.0299

Girls on
the **run**[®]

**REGISTER
TODAY!**

