



# Girls need Girls on the Run now more than ever!

Give your girl the opportunity to connect, grow and thrive! Girls on the Run establishes lifelong healthy habits and instills critical social-emotional skills **at a time when girls need it most.**

Through safety and physical distancing modifications and the ability to seamlessly shift to and from in-person and virtual programming, our trained and caring coaches are ready to lead your girl and her team through an **empowering, confidence-building program** that will keep her **active and strong!**

**Hey, future GOTR girl! We'd love for YOU to join our team!  
Girls on the Run is open to girls in 3rd-8th grades**



## More than a Running Program

Unlike other programs, Girls on the Run combines both **social-emotional learning and physical activity.**

### The program fee includes:

- + 16 interactive lessons led by trained Girls on the Run coaches, delivered in-person or virtually (if required by local ordinances)
- + An engaging program journal for girls to connect with lesson themes
- + An official Girls on the Run t-shirt
- + An end-of-season commemorative item
- + A safe space where girls can connect, grow and learn with peers
- + Cinch Sac, water bottle and reusable face mask
- + A celebratory end-of-season 5K run
- + Friendships, fun and lessons to last a lifetime!

## Why It Matters:

Social isolation and stressors related to COVID-19 have undoubtedly affected girls. Girls on the Run will provide a safe and interactive space for girls to connect with each other, learn valuable skills such as how to cope when things get difficult and practice positivity, and most importantly, have fun!

## Empower the Next Generation of Girls!

Girls on the Run is a nonprofit organization, not a school-sponsored club or sports program. Therefore, we rely on registration fees, donations, sponsorships and other support to provide a safe, inclusive and one-of-a-kind experience for your girl – **the 'unity' in community!**

Register at [www.gotrdfw.org](http://www.gotrdfw.org)