

Girls on the Run at George Hall

Girls on the Run is an after-school program that uses the power of running to prepare 3rd - 5th graders for a lifetime of self-respect and healthy living. Over the course of the season, girls learn life-changing lessons about healthy friendships, teamwork, decision-making, self-respect and more, all while preparing to complete a 5k.

Open to all 3rd - 5th graders; no previous running experience required, and need-based financial aid is available.

Space is limited, so register soon!

More information :



Coach Alison
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Coach Lisa
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Coach Tracy

www.gotrbayarea.org

Our Spring 2023 season will be held on campus at George Hall:

- Wednesdays from 1 to 2:45 pm (including time to eat lunch) & Fridays from 3 to 4:15 pm
- Mar 1st through May 13th
 - Except Mar 23 - Apr 3 and May 12

The celebration 5k is on Saturday, May 13th!

Register by:

Friday, February
10th, 2023

www.gotrbayarea.org

We use the term "Girls" which refers to gender-expansive youth (cis girls, trans girls, nonbinary youth, gender non-conforming youth, gender queer youth and any girl-identified youth).



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!**

Virtual & In-Person Teams Available!

Register at www.gotrbayarea.org or email info@gotrbayarea.org



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
- + 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
- + A GOTR-branded water bottle
- + A celebratory end-of-season virtual event
- + 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!

Registration Fee: financial aid and payment plans available to all on registration form: sliding scale \$25-\$285

Financial assistance is available to all; requests for aid will not impact your girl's ability to participate.

Register today! | www.gotrbayarea.org