

Girls on the Run IS SO MUCH FUN!



What is Girls on the Run?

- ☞ Girls on the Run is a *life-changing* character development program for girls in 3rd-5th grades.
- ☞ The program combines lessons intended to enhance self-esteem, promote positive and useful problem-solving strategies, and foster healthy relationships *with* developmentally-appropriate training for a 5K event.
- ☞ In GOTR, **girls learn to** stretch themselves physically, mentally, socially, and emotionally and in the process *aspire to **achieve their limitless potential!***



A GOTR team consists of 15 girls, led by 3 coaches. Registration costs include *all* curriculum materials, entry in the end-of-season 5k, program and event t-shirts, water bottle, & finisher medal. All GOTR coaches are fully trained and First Aid and CPR certified. For more information about GOTR @ Green, please contact Jodi Hatfield at jhatfield@wcpss.net or the GOTR office.

Spring registration opens on
November 17th @ 6:00 PM
REGISTER ONLINE AT
www.gotrtriangle.org

**Scholarships available
at all locations!**

**GOTR @ Green meets on
Tuesdays & Thursdays
from 3:30pm – 4:45pm**

**Programming season
runs January 26th –
April 16th**

**The GOTR 5K & Fun Run
is on April 11th, 2015.**

Curriculum topics:

- ☞ Self Care & Self Awareness
- ☞ Selecting Relationships & Keeping them Healthy
- ☞ Celebrating & Sharing Our Strengths

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