

# Girls on the Run

Spring season begins the week of

# March 17



Girls on the Run is an afterschool program like no other! Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained coaches lead 3rd - 5th grade girls through interactive lessons and running activities. At the same time, they're also training for a 5k run in a creative, interactive and incredibly FUN way! Each team also completes a community impact project, demonstrating the power of kindness and caring. The season ends with a noncompetitive celebratory 5k event held the first weekend in June.

Register online starting *February 10*  
at [www.GOTRcentralmd.org](http://www.GOTRcentralmd.org)

## Program Fee\*: \$175

\*The total cost to deliver the program is \$200 per girl, but thanks to the generosity of local donors and corporate sponsors, we are able to provide the program for \$175. The fee covers all program costs including 20 lessons, an official program t-shirt, 5k race registration, a 5k t-shirt, a water bottle, a 5k finisher's medal, and more! For convenience, payment plans are available upon request.

Scholarships are available based on financial need. No girl is turned away!

It's so much more than a running program.



Hey girls!

Join a club where it doesn't matter if you're fast or slow, just as long as you're having fun. At Girls on the Run, we play fun games and talk about things that are important to girls. Best of all, you'll make lots of friends who will like you just the way you are!