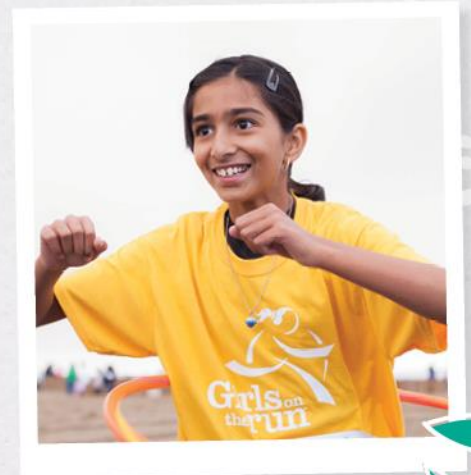




Girls on the Run is for **EVERY** girl.



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 and caring coaches lead 3rd - 5th grade girls through interactive lessons and running activities. The season ends with a noncompetitive 5K event on June 3 on Roosevelt Island.

Why it Matters

IT'S FUN. IT'S EFFECTIVE.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than **40%***



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Our Team Meets: Tuesday & Thursday 3:30PM-5:00PM

Meet at **Athleta Flatiron** – 126 5th Avenue! Pick-up and drop-off is at the Athleta Flatiron Fitness Studio, and the majority of the session will take place at Madison Square Park. Sessions will be at Athleta in inclement weather.

Season Begins: March 6

Final session: May 31

End of Season 5k: Sunday, June 3

GOTR will not occur on 3/20, 3/22, 3/27, 3/29, 4/3, 4/5

Program Fee: \$300

**Financial Assistance is Available!*

LEARN MORE AND REGISTER TODAY AT GOTRNYC.ORG/REGISTER