

# Girls on the Run®

## After-School Program

for 3rd - 5th  
Grade Girls.



### WHY IT MATTERS

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.

Small teams meet 2x per week for 10-weeks at participating schools. 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 movement activities. The season ends with a celebratory 5K event.

Run, hop, roll, walk, push or skip – participants with and without disabilities belong on our team.

## AT A SCHOOL NEAR YOU

**TIME:** Immediately after school

**STARTS:** Week of **September 25**

**5K DATE:** December 9

**REGISTRATION CLOSES:** September 22

SCHOLARSHIPS  
AVAILABLE!

FIND YOUR  
SCHOOL!




For more information  
and to register, visit


[gotrsouthernutah.org/programs](http://gotrsouthernutah.org/programs)



**Questions?**

Contact Melissa Miller

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