



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



Girls on the Run is an **afterschool program like no other!**

Twice per week for 8 weeks, participants 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.



Why it matters It's fun. It's effective.

"My granddaughter has had so much fun and has been so grateful that she was able to join the team. It has given her confidence and power to overcome any obstacle she might confront in the future." - GOTR Caregiver



Participants 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 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

SEASON DETAILS

Registration Opens: **2/11/2022**

Program Starts: **3/28/2022**

Program Fee: **\$180**
Financial Assistance is available

Contact: info@girlsontherunpdx.org

Girls on the Run programming is designed to foster positive relationships between peers. We strive to create an environment inclusive for all participants. We welcome the participation of youth that identify as girls, gender expansive, or gender non-conforming.

Learn more and register today at www.gotroregon.org.