



Girls need Girls on the Run now more than ever!

Give your girl the opportunity to connect, grow and thrive! Girls on the Run establishes lifelong healthy habits and instills critical social-emotional skills **at a time when girls need it most.**

Through safety and physical distancing modifications and the ability to seamlessly shift to and from in-person and virtual programming, our trained and caring coaches are ready to lead your girl and her team through an **empowering, confidence-building program** that will keep her **active and strong!**

Virtual & In-Person Teams Available!

Register at www.gotrbayarea.org or email info@gotrbayarea.org



More than a Running Program

Unlike other programs, Girls on the Run combines both **social-emotional learning** and **physical activity**.

The program fee includes:

- + 16 interactive lessons led by trained Girls on the Run coaches, delivered in-person or virtually
- + An engaging program journal for girls to connect with lesson themes
- + An official Girls on the Run t-shirt
- + An end-of-season commemorative item
- + A safe space where girls can connect, grow and learn with peers
- + A GOTR-branded water bottle
- + A celebratory end-of-season virtual event
- + Friendships, fun and lessons to last a lifetime!

Why It Matters:

Social isolation and stressors related to COVID-19 have undoubtedly affected girls. Girls on the Run will provide a safe and interactive space for girls to connect with each other, learn valuable skills such as how to cope when things get difficult and practice positivity, and most importantly, have fun!

Registration Fee: financial aid and payment plans available to all on registration form: sliding scale \$25-\$255

Financial assistance is available to all; requests for aid will not impact your girl's ability to participate.

Register today! | www.gotrbayarea.org