

Using physical activity, we inspire girls to be  
**joyful, healthy and confident!**

Girls are empowered with  
**LIFE SKILLS:**



**Connection**



**COMPETENCE**



**Contribution**



**CONFIDENCE**



**Character**



**Caring**



**Registration Opens the First  
Saturday in February!**

**How to Register:**

1. Visit [www.gotrmdmd.org/Register-Now](http://www.gotrmdmd.org/Register-Now) to register & learn more
2. Review your confirmation email after registering

**How to pay:**

1. Credit Card, E-Check
2. Payment Plan (2 or 3 scheduled payments)
3. Financial Assistance based on income \*available within online registration\*

**Girls on  
the run<sup>®</sup>**  
**is so much fun!**

**Program Details:**

Girls meet twice a week for ten weeks, ending with a celebratory 5K.

Practice lessons are 90 minutes each and each lessons are led by GOTR trained coaches. Every practice will begin with a healthy snack provided by GOTR.

Each participant will also receive a GOTR T-shirt and water bottle, 5K race entry, and 5K medal. Program Fee: \$150



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