Think the only way to complete a 5K is to run the whole way? Think again!!

You can jog, walk, run, or any combination : ) Come check out Girls on the Run for Middle School and see what all you can accomplish!

Our Program: At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Our program facilitates ways for 6th to 8th grade girls of all abilities to gain confidence, build social skills, and realize their potential - all while preparing to complete a 5k – walking, jogging or running. At every lesson you’ll get exercise, talk about strategies for healthy lifestyles and handling life - and you’ll make new friends. The season ends with a fun 5K event where you can celebrate everything you have accomplished!

ORCHARD PARK MIDDLE SCHOOL:

MONDAYS AND THURSDAYS – 2:35-4:15 PM

GRADES 6-8

QUESTIONS? CONTACT COACH NICOLE
617-877-1103
Navitahl-curtis@outlook.com

Register now!

www.gotrbuffalo.org

FALL DATES: September 13-November 6th

Registration closes September 20th!

Girls meet for 90 min 2x/week
Registration includes:
• 16 lessons over 8 weeks
• Activity journal
• Season gift
• Season shirt
• 5k registration