



# 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, 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.



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

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.



Girls 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 Dates: Weeks of September 18<sup>th</sup>- November 13<sup>th</sup>  
GOTR 5k: Sunday, November 12<sup>th</sup> at Delaware Park in Buffalo

**Windom Elementary:**  
**Mondays and Thursdays: 3:15 – 4:45 PM**  
**Grades: 3 - 5**  
**Coach Nicole**

Cost: \$175. Includes all 16 practices, season shirt, 5k registration for GOTR participant, medal, & season gift. Financial aid available. Apply directly online at [www.gotrbuffalo.org](http://www.gotrbuffalo.org).

### Registration Details:

- Registration is open on a first-come first-serve basis until September 25<sup>th</sup> at 10 am.
- Please check website for all GOTR policies including attendance.

Questions? Contact Coach Nicole at : [navitahl-curtis@outlook.com](mailto:navitahl-curtis@outlook.com)

Learn more at [www.gotrbuffalo.org](http://www.gotrbuffalo.org)