



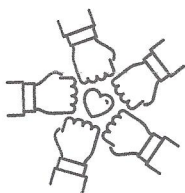
JOIN GIRLS ON THE RUN!

Hello, **SUPERSTAR!**

With our updated curriculum, Girls on the Run is back and better than ever. The future of Girls on the Run has arrived, and we want YOUR superstar to experience our more-relevant-than-ever program. Her confidence and physical, mental, and emotional health deserve it! Season includes 16 lessons, season shirt, gift, 5k registration & medal.

Girls on
the **run**®

GIRLS LEARN HOW TO...



Develop a sense of belonging with a team



Speak positive self-talk and increase self-worth



Recognize and manage complex emotions

SPRING INFO

*Practice times at
Windom Elementary
Mondays and Wednesdays
3:15 – 4:45 PM*

For more info/to
register, visit
gotrbuffalo.org

- Registration opens Feb 1st and closes April 15th at 10am at www.gotrbuffalo.org
- Registration is first-come first-serve until team is full (15 spots)
- Season dates: April 8th-June 2nd
- 5k: June 2nd, 9:30 am at UB North
- Practices: 90 mins 2x/week
- Cost: \$175/ financial aid available, apply online