



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 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: Week of September 18th – November 11th

GOTR 5k: November 12th 9:30 @ Delaware Park

Practice Location: Ellicott Elementary

Practice days & times: Tuesdays and Thursdays 3-4:30, except 10/26, 10/31

Grades: 3-5

Coach contact: Christine Franjoine, ccassert@yahoo.com

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

Registration Details:

- Lottery registration opens online on August 8th
- Lottery week August 8 – August 15 at 9 am
- Registration will briefly close on August 15th to run the lottery
- Registration reopens for sites with remaining spots on a first-come first-serve basis
- Registration closes September 25th at 10 am
- Please check website for all GOTR policies including attendance

For more info visit www.gotrbuffalo.org