

JOYFUL HEALTHY CONFIDENT

Young girls are inspired to be all these things and more through a fun, experience-based curriculum which creatively integrates running.

FALL SEASON!

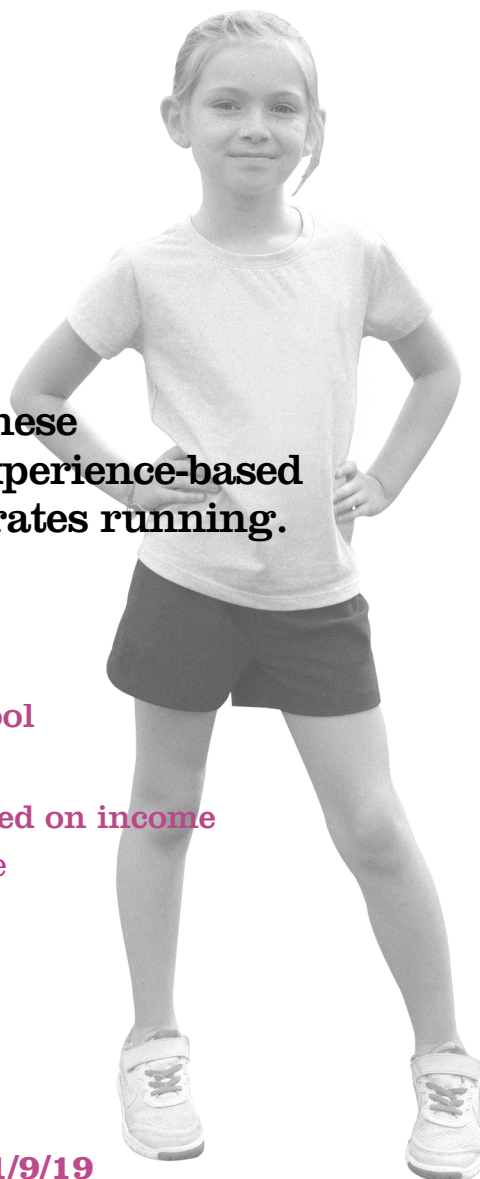
Dates: 9/9/19- 11/15/19
School site: Future Public Charter School
Time: T/Th 3:40 - 4:55
Cost: Sliding Scale (\$150-\$65) based on income
Financial assistance available during online registration.
Age: For girls 3rd-5th grades

The Fun Stuff!

Season ends with this exciting race:

Boise Girls on the Run 5K, Saturday 11/9/19

All participants get 20 lessons with a coach, race entry, season t-shirt, and more! (details on back)



REGISTRATION NOW OPEN!
www.gotrtv.org



Who we are

Girls on the Run® is a national 501(c)3 nonprofit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our 10-week program drives transformative, sustained change in the lives of third- to fifth-grade girls across all 50 states.

DETAILS

Girls on the Run participants receive the following during each season:

- 20 after-school lessons with a caring, devoted, inspiring coach
- Snack at each lesson
- One entry into the season's 5K race
- Official "GOTR" t-shirt
- Custom race medal

IMPACT

- 85% improve in confidence, competence, caring, character, or connection to others.
- Girls who are least active at the start increase in physical activity by more than 40%.
- 97% say they learn critical life skills at GOTR.
- GOTR has a stronger effect on girls than traditional sports or physical ed programs.

Learn more at [GOTRTV.ORG](https://gotrtv.org)