



Girls on the Run is for **EVERY** girl.



Girls on the Run helps girls develop physical and social-emotional skills to navigate adolescence and reach their potential. During a time when girls are experiencing uncertainty and are lacking social connections, GOTR is providing tools for girls to express their emotions, use their voices, and interact with others in a safe environment. Girls will meet twice weekly for 9 weeks, either in-person or virtually, depending on their site. Highly trained and caring coaches lead 3rd-5th grade girls through interactive lessons that include physical activity. The season will end with a girl-led community impact project and a non-competitive 5K.

SCHOOL: Anser Charter School

WHAT SHE GETS: • Trained Coaches

SEASON DATES: 3/29/21 - 5/27/21

• 16 research-based lessons

MEETING DAYS: Tuesdays & Thursdays

• Journal

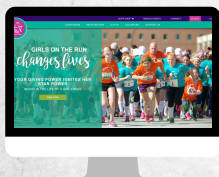
• GOTR T-shirt

COST: Sliding Scale Based on Family Income
Financial Assistance Available

• 5k Entry

• Finisher's Medal

QUESTIONS? Email: info@gotrtv.org | Call: 208-388-4687



HOW TO REGISTER HER:

- Registration opens 2/15/21
- Go to **WWW.GOTRTV.ORG** and click **REGISTER NOW**
- More information on COVID safety and virtual GOTR is available on our website and online registration form

THE FINISH LINE IS JUST THE BEGINNING



A Safe Space for **EVERY** girl.



HOW GIRLS ON THE RUN IS PREPARING FOR A SAFE SEASON

- ★ Teams meet outside, and team size reduced to a maximum of 15 girls
- ★ Curriculum modified to ensure social distancing and minimize close contact
- ★ All sites provided with masks/face coverings, sanitizing wipes, and hand sanitizer.
- ★ Seamless delivery model to assure no interruptions or cancellations
- ★ Additional coach training on COVID-19 safety policies and virtual space safety
- ★ Small non-competitive 5K culminating event with GOTR team, coaches, and families.

To Learn More Visit WWW.GOTRTV.ORG