

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

Girls on the Run is an afterschool program like no other!

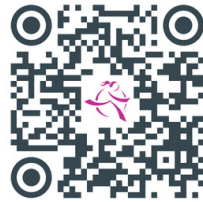
What's included:

- Team practices twice a week for eight weeks
- Engaging movement-based activities and team discussions led by trained volunteer coaches
- Program shirt, water bottle, and cinch sack
- 5K end-of-season celebration
- End-of-season gift
- Plenty of fun and lasting memories!

Participants of all intersecting social identities, including all races, ethnicities, income levels, sexual orientations, religions and those with and without disabilities may register.

Visit our website or scan below to learn more & register!

www.gotrlehighpocono.org



Do not wait to register, spots may be limited!

DeSales University, Dorothy Day Student Union

Girls 3rd-5th grade

- Practice days/times: Mondays/Wednesdays, 4:45-6:15pm
 - First Practice: September 15, 2025
- 5K Date: Sunday, December 7 @ DeSales University (*More details to follow!*)
- Registration fee: \$15-\$175
 - A household income chart will be provided for any needed financial assistance during online registration
 - Payment plans and additional financial assistance are available



Outside of unforeseen circumstances, we ask that participants commit to attending all practices during the season. All lessons build on one another and consistent attendance will ensure a positive experience and being prepared for the 5k!

*Refunds will not be issued once the season starts.

