



HER PATH TO EMPOWERMENT STARTS AT Girls on the Run®



Girls on the Run is a **girl-empowerment organization** that inspires participants to be **joyful, healthy and confident** using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement. For girls in grades 3rd-5th.



COACHES NEEDED

Contribute to this powerful experience and make a difference in the lives of girls in your community! You do not need to be a runner, simply a desire to support and encourage the next generation. Training provided.

WHY IT MATTERS



Our programs boost girls' self-worth when they need it most.



Girls' self-confidence begins to drop by age 9.

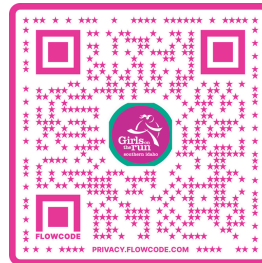


Girls' physical activity levels decline starting at age 10.



50% of girls ages 10 to 13 experience bullying.

SCAN ME!



SPRING SEASON

March 9-May 7

5K Saturday, May 9

Program Fee: \$35

Financial Aid Available

Fee is waived if parent is a coach

208.788.7863

info@gotrsouthernidaho.org

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