



# Girls need Girls on the Run now more than ever!

Give your girl the opportunity to connect, grow and thrive! Girls on the Run establishes lifelong healthy habits and instills critical social-emotional skills **at a time when girls need it most.**

Through safety and physical distancing modifications and the ability to seamlessly shift to and from in-person and virtual programming, our trained and caring coaches are ready to lead your girl and her team through an **empowering, confidence-building program** that will keep her **active and strong!**

Hey, future GOTR girl! We'd love for YOU to join our team! Show us your spirit and have fun while coloring on the back!



## More than a Running Program

Unlike other programs, Girls on the Run combines both **social-emotional learning** and **physical activity.**

### The program fee includes:

- + 16 interactive lessons led by trained Girls on the Run coaches, delivered in-person or virtually
- + An engaging program journal for girls to connect with lesson themes
- + An official Girls on the Run t-shirt
- + An end-of-season commemorative item
- + A safe online space where girls can connect, grow and learn with peers
- + Water bottles, multi-functional face covering, etc.
- + A celebratory end-of-season event
- + Friendships, fun and lessons to last a lifetime!

## Why It Matters:

Social isolation and stressors related to COVID-19 have undoubtedly affected girls. Girls on the Run will provide a safe and interactive space for girls to connect with each other, learn valuable skills such as how to cope when things get difficult and practice positivity, and most importantly, have fun!

## Empower the Next Generation of Girls!

Girls on the Run is a nonprofit organization, not a school-sponsored club or sports program. Therefore, we rely on registration fees, donations, sponsorships and other support to provide a safe, inclusive and one-of-a-kind experience for your girl – **whether in person or virtually.**

Register her today! | [www.dmymca.org/girlsontherun](http://www.dmymca.org/girlsontherun)

HEALTHCARE  
PROFESSIONALS

PETS

FAMILY

Snatch!

FRIENDS

A GOOD  
BOOK

HEALTHY  
BODY

