



Girls on the Run is an empowering, life-changing program for girls designed to help them build confidence, learn important life skills, and develop a love for physical activity! Through a fun, interactive curriculum, participants prepare for a celebratory 5K run, while learning valuable lessons about teamwork, leadership, and self-esteem.

SPRING 2025 SEASON:

REGISTRATION OPENS FEBRUARY 1ST! Team size is limited, register early!



Practices Start: the week of March 31st

GOTR 5K NORTH: Sunday June 8th at LEGOLAND NY Resort, Goshen

All girls must have an adult running buddy at the GOTR 5K Celebration



Registration fee \$180 includes:

18 lessons, materials, t-shirt, water bottle, journal, 5K registration, finisher medal & end of season keepsake

Financial assistance & payment plans available during the online registration form.

PRACTICE DETAILS



Horizons-on-the-Hudsons Magnet School

Mondays & Wednesdays 4 - 5:30pm

Open to girls in grades 3-5



LEARN MORE & SIGN UP!

WWW.GIRLSONTHERUNHV.ORG

