

JOIN GIRLS ON THE RUN!



# Hello, MOUNTAIN MOVER!

Girls on the Run features lessons focused on what matters most to your girl. This season, she will build the confidence to do hard things. How? By developing powerful tools to help her believe in herself, then applying these tools to take on challenges alongside her team.

**Girls** on  
the **run**®

## PRACTICE DETAILS:

Horizons-on-the-Hudson Magnet School  
Mondays and Wednesdays , 4-5:30pm  
Season starts September 23rd & ends at the GOTR 5K on Nov 16th



**SIGN UP!**

### Registration:

- Online registration open August 1st
- Open to girls in grades 3-5
- Teams are limited in size and fill on a first-come, first-served basis
- Registration fee: \$180
- Through generous donations and community grants, GOTR provides financial assistance on a sliding scale based upon current annual household income. Financial assistance can be requested and applied automatically in the online registration form

