



We inspire every girl to be joyful, healthy and confident

building life skills



confidence



connection



contribution



character



caring



competence



Girls on the Run is an after school program like no other!

Twice a week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead girls in 3rd-5th grade through interactive lessons and running activities helping girls unleash their limitless potential.

The season ends with a celebration 5K event!

Why it Matters

IT'S FUN. IT'S EFFECTIVE.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

register online
Jan 10th-Feb 15th
gotrnwil.org

program runs March 5th-May 20th



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a 2016 independent study conducted by Positive Youth Development expert Macrean F. Westa, Ph.D.



We need coaches!

Life comes at girls fast. Help them find their pace.

You are kind, and want to leave a lasting impact on the lives of girls in your community.

Visit our website to learn about being a coach and fill out a commitment form today!

not a school sponsored program