



Girls on the Run - Fall 2021

In anticipation of possible continued COVID related safety guidance, GOTR program delivery has been modified to accommodate a variety of scenarios. We know from our experience during the Spring 2021 season that the modifications create a safe, flexible and accessible team environment.

About Girls on the Run

At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Each session is led by trained volunteer coaches who guide and mentor the girls through dynamic discussions, activities and running games. Lessons are fun and engaging and teach specific skills and strategies such as how to manage emotions, help others, make intentional decisions, and resolve conflict. Girls can then use these strategies at home, at school and with friends. The program culminates with all participants walking or running a celebratory 5K event, which gives them a tangible sense of accomplishment, as well as a framework for setting and achieving life goals.

The 8-week program is for girls in 3rd, 4th and 5th grades of all fitness abilities.

Practice Times: Mondays & Thursdays, 3-4:30 pm

Start Date: week of September 13th

Location: Sacred Heart School

5K Celebration Event: November 13th (Concord, NH)

To learn more about Girls on the Run, registration or financial assistance, please visit our website:

<https://www.girlsontherunnh.org/>

Program lottery registration will open on August 15th

No girl is ever turned away for financial reasons