

JOIN GIRLS ON THE RUN!



Hello, **SUPERSTAR!**

With our updated curriculum, Girls on the Run is back and better than ever. The future of Girls on the Run has arrived, and we want YOUR superstar to experience our more-relevant-than-ever program. Her confidence and physical, mental, and emotional health deserve it!

Girls on
the **run**®

GIRLS LEARN HOW TO...



Develop a sense of belonging with a team



Speak positive self-talk and increase self-worth



Recognize and manage complex emotions

SCAN ME!



For more information and to register, visit

gotrwesterncolorado.org/programs

Necesita ayuda en español, llama la oficina para ayuda 970-249-2554

QUESTIONS?

\$75 Registration fee

Practice starts: Wednesday, February 28th

✉ Site Liaison: Abigail Stetson
Abigail.Stetson@mcsd.org

Practice Days/Times

Monday' and Wednesday 3:15-4:45 at NES Field

Scholarships are available!!

Contact GOTR office at 970-257-9267 for more information.