



# Girls on the Run is for EVERY girl



Girls on the Run is an afterschool program like no other! Twice per 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 3-5 grade girls through interactive lessons and running activities. The season ends with a non-competitive 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.



Girls who were 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 Maureen R. Weiss, Ph.D.

**WHEN:** Tuesdays and Thursdays 3:00 – 4:15  
Starting 10/1 and ending with a 5K on 12/14

**WHERE:** Anona Elementary School

**REGISTER:** Opens August 4<sup>th</sup> at [www.gotrampa.org](http://www.gotrampa.org)

**FEE:** \$150.00  
**Scholarships and Payment Plans Available!**  
**If you have a Need, you Qualify!**

**QUESTIONS?** Contact us at (813) 832-2826 or [kathleen.bohrnsen@girlsontherun.org](mailto:kathleen.bohrnsen@girlsontherun.org)

