

JOIN GIRLS ON THE RUN!



# CONFIDENCE

## that lasts a lifetime!

Girls on the Run is a girl-empowerment organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

**Girls on the run**<sup>®</sup>

### WHY GOTR MATTERS



Girls' self-confidence begins to drop by age 9



Girls' physical activity levels decline starting at age 10



50% of girls ages 10 to 13 experience bullying

#### YOUR SCHOOL

Date & Time

#### PROGRAM FEE

Club Supplies + 5k

#### PRACTICE BEGINS

Tues September 10th

SCAN ME!



For more information and to register, visit

[gotrtampa.org](http://gotrtampa.org)

### QUESTIONS?

#### Contact

Girls on the Run Greater Tampa Bay

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