GIRLS ON THE RUN AT ST. EDWARD'S

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. Our team is open to all girls in third through fifth grade.

TEAM DETAILS:

- **Practice Schedule:** Mondays & Wednesdays, 3 PM - 4:15 PM
- **Season Dates:** Feb. 26 - May 5
- **Program Fee:** $185 (sliding scale & scholarships available to all)

WHY IT MATTERS

- Our programs boost girls' self-worth when they need it most.
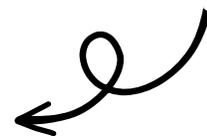- Girls' self-confidence begins to drop by age 9.
- Girls' physical activity levels decline starting at age 10.
- 50% of girls ages 10 to 13 experience bullying.

REGISTRATION OPENS JAN. 15TH!

QUESTIONS?

Contact Program Manager Ali Reynolds

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For more information and to register, visit **www.gotrrichmond.org/programs**