



EMPOWERMENT STARTS HERE.

Join Girls on the Run

SEASON RUNS FROM MARCH 2 - MAY 17



WHAT IS GOTR?

- Positive youth development program for elementary school students starting in grade 3.
- Participants will have fun, make friends, increase their physical activity, and learn important lessons to last a lifetime!
- Celebratory 5K event to end the season - open to friends and family!



MORE INFORMATION



Practice days and times vary by location. A list of available teams can be found on our website.



Program fees range from **\$22 - \$210** and are based on a sliding scale according to family household income

SCAN OR CLICK TO REGISTER!



REGISTRATION OPEN
FEBRUARY 2 - 23



QUESTIONS?



www.gotrnova.org



info@gotrnova.org



703-273-3153

Para español 703-273-2051



Support Available

to current GOTR participants

Girls on the Run of Northern Virginia is proud to offer additional support to ensure all participants have a successful GOTR season.

Support Available

- ★ Program Scholarships
- ★ Athletic Shoes
- ★ Athletic Clothes
- ★ Disability Adaptations



Building *confidence*
& *inner strength*



Contact Us

✉ info@gotrnova.org
☎ 703-273-3153