



Girls on the Run IS COMING!

Join Us for the Fall 2026 Season
September 28th - November 22nd

Check our website www.gotrhr.org
for your school's practice days and times

Girls Learn How To:



Build confidence
to boldly share
their thoughts,
ideas, and feelings



Discover their
Heart Power to
speak up - even
when they feel
nervous



Learn to listen
deeply, show
empathy, and
invite others to
speak up, too



Proudly achieve
their goal of
completing a
celebratory 5K.

Register Here!



www.gotrhr.org

Questions?
Contact Kristie Pennington,
Program Director:



kristie@gotrhr.org



757-378-6473



**Financial Assistance and
2-Payment Plan Option
Available**





Girls on the Run IS COMING!

Waller Mill Elementary

September 15th - November 22nd

Tuesdays & Thursdays 3:45PM - 5:15PM

Space is limited to 15 girls!



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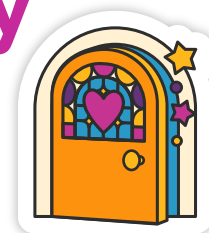
Girls on the Run IS COMING!

Grafton Bethel Elementary

September 28th - November 22nd

Mondays & Thursdays 4:00PM - 5:30PM

Space is limited to 15 girls!



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