

# Fall 2025 Season **IS COMING!**



**Girls on  
the run®**

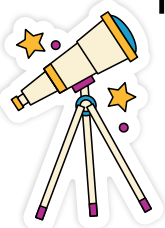


★ **Season begins: the week of September 22nd** ★

Teams meet at various sites twice a week for 1.5 hours  
Check [gotrhr.org](http://gotrhr.org) for locations

★ **5K Festival: December 14th** ★

Mariners' Museum and Park in Newport News



## **GIRLS LEARN HOW TO:**

Activate their  
Star Power —  
the positive  
force they have  
inside



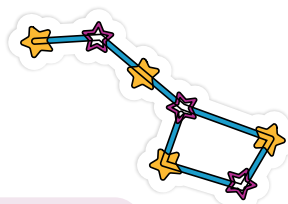
Manage and  
move through  
difficult emotions

Use strategies  
to help them  
overcome  
obstacles



Proudly breathe,  
believe, and  
achieve their  
goals


Beginning August 29th,  
**REGISTER HERE:**



[www.gotrhr.org](http://www.gotrhr.org)

Questions?  
Contact Kristie Pennington,  
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 757-378-6447

**PROGRAM FEES BASED ON  
FAMILY INCOME AND  
HOUSEHOLD SIZE**



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