



# Girls on the Run of the Triangle

**At Turner Creek**

**Grades 3-5**

## Why join Girls on the Run?

Girls on the Run is an after-school program like no other! Twice per week for 8 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead girls through interactive lessons and running activities. The season ends with a noncompetitive, virtual 5K event!

## Why it matters?

*Its Fun. Its Effective.*

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%.\*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions.\*

\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

**Season Dates: September 21 - November 13**

**Days: Mon./Wed. or Tuesdays/Thursdays 4:15-5:15pm**

**Program Fee: \$170 - Payment Plans Available**

**Site Coordinator: Jennifer Burdette**

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**Learn more and register today at [www.GOTRTriangle.org](http://www.GOTRTriangle.org)**