

Girls on the Run

Spring season begins

March 27



GOTR is a character development program for girls in 3rd through 6th grade. The program combines life skill lessons with training for a 5k run, in a creative, interactive and incredibly FUN way!

The program consists of 20 lessons (twice a week for 10 weeks) and will conclude with a **Community 5k on June 17th** at NYMA in Cornwall, NY. Enrollment is first come, first served and space is limited to 15 girls!

**Learn more and register at:
www.girlsontherunHV.org**

Practice Info:

**Anna S. Kuhl Elementary School
Tuesdays & Thursdays 3:15 – 5:00pm**

Registration is first come, first served and limited to 15 girls. Registration includes 20-ninety minute lessons, all curriculum materials, a GOTR t-shirt, GOTR water bottle, registration for our GOTR 5k event and a finisher medal.

Spring Season

March 27 – June 17

GOTR 5K

Saturday, June 17 at 10:00AM
NYMA, Cornwall NY



Join a club where it doesn't matter if you're fast or slow, just as long as you're having fun. At Girls on the Run, we play fun games and talk about things that are important to girls. Best of all, you'll make lots of friends who will like you just the way you are!