

Girls on the run is so much fun @YOUR school!

Inspiring girls to be joyful,
healthy and confident.

www.GOTRNebraska.org

Complete schedule and details online.

Tuition/fees vary by site based on community support.

Financial
aid is
available!
Apply online.

Join a Team Today!

Girls on the Run of Nebraska combines exercise, education, mentoring and *"Girl Power"* to promote healthy habits and self-esteem in young girls. An innovative, nationally standardized curriculum incorporates lessons on teamwork, goal-setting, communication and positive thinking with running activities to train for a 5K run/walk. A noncompetitive and supportive atmosphere encourages girls to work at their own pace to reach their goals.

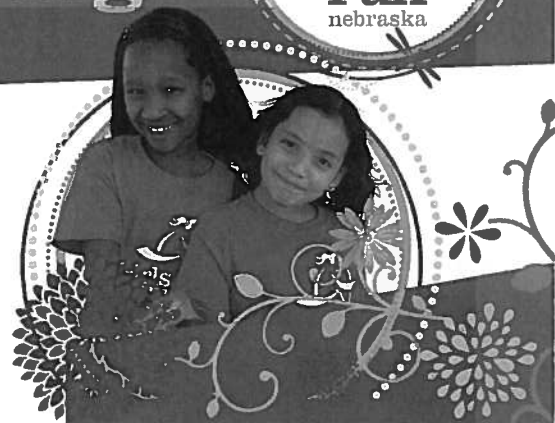
At the end of the 10-week program, girls are encouraged to celebrate their progress by completing a joyful GOTR 5K with a parent-designated Run Buddy. The fun event is a great opportunity for little girls to accomplish BIG things. (GOTR 5Ks are optional; separate registration/fee required.)

Get Involved—Volunteer!

You don't have to be a runner to be a great GOTR coach. We're always looking for positive-minded, can-do women who want to build strong girls. Contact us to learn more!

“The topics of bullying, being assertive, perseverance and challenging yourself while always focusing on positive attributes are very important to instill in our daughter. This community-based organization that gives these messages is very much appreciated.”

—GOTR-Nebraska Mom



Spring Season

Late Feb./Early March to May

Online Registration

January 15 to February 16

- Girls on the Run is offered once a school year at your location.
- Team size is limited and filled on a first-come, first-served basis. Many sites fill fast, so register ASAP!
- Participants receive GOTR T-shirt and backpack with registration.

Live. Learn.
Dream. Run

