

heart & soul

Be totally you!

⚡ brain ❤️ heart ☀️ social 🌱 body 🦋 spirit

Our Program: At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. All girls come together and run a celebratory 5k at the end of the season.

SPRING SEASON DATES: Week of March 18th- June 2nd
Spring 5k is on June 2nd at UB North

LOTTERY REGISTRATION, CHECK WEBSITE FOR FULL DETAILS: www.gotrbuffalo.org

- **Lottery registration week: February 26th- March 5th at 9 am**
- After the lottery is run on March 5th, if a team is not full, the registration will re-open & participants will be accepted on a first come, first serve basis.
- Once a team is full, a waitlist will be started
- Season registration ends Monday, March 25th at 10am SHARP (No exceptions)

REGISTRATION FEE:

- \$160 per girl - includes 5k registration, a healthy snack and more!
- **Financial aid available** - apply online when registering.
- BCBS Wellness Benefit & Independent Health flex fit debit accepted (if applicable).
- Call 716-873-2221 for more information on financial aid.



St Christopher

Tuesday and Thursday 2:30-4:00

GRADES 6-8