



Girls on the Run is for **EVERY** girl.

2019 SPRING PROGRAM • MARCH 11 – JUNE 1

who we are

Girls on the Run Utah is an after school program like no other!

Twice per week for 12 weeks, girls have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 8th grade girls through interactive lessons and running activities.

The season ends with a 5k event on June 1st! Girls in Utah County can join us for our first Utah County 5K on May 18th.



registration

Scholarships are available for those in need of financial assistance. **We encourage all girls to participate** regardless of their family's ability to pay.

program includes

- 24 lessons delivered by GOTR coaches
- Grown Up Guide and 5k training guide
- Official GOTR t-shirt and water bottle
- 5k finisher medal
- Entry to end of season 5k festival
- All curriculum materials and supplies
- Running incentives and prizes
- 10 weeks of fun, dynamic practices
- A healthy snack at each practice
- End of season awards and celebration
- Running shoes for those in need

LOCATION: Provo Recreation Center • Peaks Ice Arena

PRACTICE DAYS: Mondays & Wednesdays

PRACTICE TIME: 4:00-5:00 p.m.

REGISTER TODAY • www.girlsontherunutah.org