



JOIN GIRLS ON THE RUN!

CONFIDENCE that lasts a lifetime!

Girls on the Run is a girl-empowerment organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

**Girls on
the run®**

WHY GOTR MATTERS



Girls' self-confidence begins to drop by age 9



Girls' physical activity levels decline starting at age 10



50% of girls ages 10 to 13 experience bullying

QUESTIONS?

Richardson YMCA
3rd, 4th and 5th Grades
Mon/Wed 5:30-7:00PM
Program Start Date: Feb. 10, 2025
5K Celebration: April 26, 2025

Contact

Girls on the Run DFW

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For more information and to register, visit www.gotrdfw.org