



**3rd – 5th Grade Girls!
Join Girls on the Run at Virginia Beach Friends School!**

Girls on the Run is an afterschool program like no other! **Twice a week for 12 weeks**, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead **3rd - 5th grade** girls through interactive lessons and running activities. The season ends with a noncompetitive 5K event.

Online registration will open **Monday, September 10th** on a first come, first served basis!
Only a limited number of girls can participate.

Visit www.gotrhr.org to register.

Season Begins the week of **September 24th** & continues through **December 16th**.
Girls will meet on **Mondays and Wednesdays**
from **3:00 pm to 4:30 pm**.

Head Coach: **Susan Fisher**
Assistant Coach: **Ebony Rodgers**
Junior Coach: **Chase Barclay (8th grader)**

Registration Fee: \$159
Financial aid is available.

Included in registration fee is 12 weeks of research-based curriculum delivered by Nationally Certified coaches, a GOTR water bottle, t-shirt, healthy snacks at each practice, curriculum supplies, 5K entry, souvenir 5K bib, medal and unlimited JOY!

**Questions?
Contact:**

Susan Fisher: susan@vbfschool.org / 757-428-7534

or

Liz Neely, GOTR Program Director: liz@gotrshr.org / 757-453-5617

Joyful, Healthy, Confident Girls!