

Hello, Mountain Mover!

Get ready to build the confidence to do hard things. Join a team where you can make new friends and feel like you belong!



Are you ready to believe in yourself
as you take on challenges?

HERE'S WHAT GOTR IS ALL ABOUT:

- Teams practice two times a week for eight weeks
- Trained, creative & kind coaches lead fun movement-based activities and discussions
- Teams work together to create a project that helps their community
- Everyone experiences the joy of crossing the finish line of a 5K at the end of the season!



**Girls develop the skills to
build confidence for life.**



Join our team this Spring!

Wednesdays & Fridays @
Cornhusker Park

4:30-5:45pm

*open to grades 4/5 only

Registration fee: \$250

*financial assistance is available

SIGN UP!

CONTACT

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Program & Mercer County Director

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📅 Season starts: April 2
5K Celebratory Event: June 1

WWW.GIRLSONTHERUNNJ.ORG