

JOIN GIRLS ON THE RUN'S 15TH
SPRING SEASON!
EARLY BIRD SPECIAL PRICING = \$150
UNTIL MARCH 15TH!



Girls on
the **run**®

Hello, **SUPERSTAR!**

It's GOTR Buffalo's 15th year anniversary! The future of Girls on the Run has arrived, and we want YOUR superstar to experience our more-relevant-than-ever program. Her confidence and physical, mental, and emotional health deserve it! Registration includes 16 lessons, season shirt, season gift, GOTR girl 5k registration & medal!

GIRLS LEARN HOW TO...



Develop a sense of
belonging with a team



Speak positive self-talk
and increase self-worth



Recognize and manage
complex emotions

SPRING INFO

SEE LOCATIONS PAGE FOR
YOUR PRACTICE DAYS & TIMES



For more info and
to register visit
gotrbuffalo.org



(Click on your site
to see times)

- Season dates: Week of April 7th-June 8th
- Registration opens online January 15th
- Registration is first-come first-serve until team is full (15 spots)
- Once team is full, a waitlist begins
- Registration closes for all sites on April 14th at 10 am
- Program Cost: \$175, financial aid available, apply online (use code EARLYBIRD before 3/15 for \$25 off)
- 5k: Sunday, June 8th, 9:30 am at UB North
- All GOTR girls must run with registered running buddy. Cost: \$25