



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

Registration NOW OPEN for Stallings!

Smaller teams and space is limited! Registration is first come, first served! Girls will have fun, make friends, increase their physical activity, and learn important life skills.



Not Canceled: Girls on the Run of Union County!

Right now, **girls need Girls on the Run more than ever.**

Adapted program is **safe** and **flexible** for our community so that girls can **connect** with their peers and keep learning how to **practice empathy, stand up for themselves and others**, and more!

We are excited to have the flexibility to seamlessly **transition** between **in-person and virtual** practices as needed. **In-person meetings include new health and physical distancing precautions.**

For Your Girl!

- **Girls on the Run** (3rd- 5th grades)
- 8 week program- Sept. 21st through Nov. 21st
- Fee Includes:
 - 16 lessons with trained coaches
 - Curriculum and individual materials/bag
 - Program T-shirt and mask
 - 5K Registration fee
 - 5K T-shirt

Whether in-person or virtually, coaches guide girls through research-based life skills curriculum teaching **life skills** and **promoting holistic health outcomes** for girls.

Stallings Park:

Monday & Wednesdays

3:30 - 5:00

Registration fee: \$155



Scholarships available. We have never turned a girl away based on her ability to pay the registration fee.

Learn more and REGISTER at www.girlsontherununion.org

Questions? Please contact lani@girlsontherununion.org