Girls on the Run is so much fun!

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.



Meeting Days & Times:

Monday & Wednesday 3:30 to 5:00pm

Celebratory 5K:

Sunday, May 20th @ Colt State Park

*Program Fee includes:

(20) curriculum-based sessions led by trained GOTR Coaches, lesson materials, GOTR t-shirt, Celebratory 5K

