



HER PATH TO CONFIDENCE STARTS AT

Girls on the Run®



Girls on the Run is about more than running! The program inspires 3rd-5th graders to be joyful, healthy and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.



Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

RITTENHOUSE NEIGHBORHOOD



WHY IT MATTERS



Our programs boost girls' self-worth when they need it most.



Girls' self-confidence begins to drop by age 9.



Girls' physical activity levels decline starting at age 10.



50% of girls ages 10 to 13 experience bullying.

Program starts: September 16 at Schykill River Park

Team meets: Tues & Thurs 4:30-6:00pm

End of season 5K Fun Run: Dec 7 at The Navy Yard



SCAN TO
REGISTER



For more information and to register, visit gotrphiladelphia.org