

Girls on the Run is so much fun @YOUR School!

Inspiring girls to be joyful,
healthy and confident.

www.GOTRNebraska.org

Complete schedule and details online.

Tuition/fees vary by site based on community support.

Financial
aid is
available!
Apply online.

Join a Team Today!

Girls on the Run of Nebraska combines exercise, education, mentoring and *"Girl Power"* to promote healthy habits and self-esteem in young girls. An innovative, nationally standardized curriculum incorporates lessons on teamwork, goal-setting, communication and positive thinking with running activities to train for a 5K run/walk. A noncompetitive and supportive atmosphere encourages girls to work at their own pace to reach their goals.

At the end of the 10-week program, girls are encouraged to celebrate their progress by completing a joyful GOTR 5K with a parent-designated Run Buddy. The fun event is a great opportunity for little girls to accomplish BIG things. (GOTR 5Ks are optional; separate registration/fee required.)

Get Involved—Volunteer!

You don't have to be a runner to be a great GOTR coach. We're always looking for positive-minded, can-do women who want to build strong girls. Contact us to learn more!

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The topics of bullying, being assertive, perseverance and challenging yourself while always focusing on positive attributes are very important to instill in our daughter. This community-based organization that gives these messages is very much appreciated.”

—GOTR-Nebraska Mom



Spring Season

Late Feb./Early March to May

Online Registration

February 1

- Girls on the Run is offered once a school year at your location.
- Team size is limited and filled on a first-come, first-served basis. Many sites fill fast, so register ASAP!
- Participants receive GOTR T-shirt and backpack with registration.

Live. Learn.
Dream. Run