

Girls on the Run inspires girls to be joyful, healthy and confident using a fun experienced-based curriculum which creatively integrates running.



At Girls on the Run, volunteer coaches guide the girls through fun lessons that help them understand who they are, the importance of team work, and how they can positively shape the world. The season ends with the girls completing the GOTR 5k which provides an understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Girls of all fitness and ability levels are encouraged to join!

The 10 week program is for girls in 3rd, 4th and 5th grades.

Practice Times: Mondays 4:00 pm – 5:30 pm and Saturdays 9:00 am – 10:30 am
(Attendance is required both days)

Location: Pen Bay YMCA – Fall season begins 9/12/16

Program Fee: \$130

Financial Assistance is Available.

Online Program Registration opens on August 1.

To learn more about GOTR or to register visit:

<http://girlsontherunmaine.org/>

Girls on the Run Registration Information:

*If participant registration exceeds the maximum team size during the lottery registration period, (August 1 -11), the registration system will randomly select girls for that team and families will be notified of their status on August 12. If spaces remain after the lottery, registration will re-open and additional girls can be added on first come, first served until capacity is reached. To learn more about the registration process visit: <http://girlsontherunmaine.org/program-registration/>
Questions? Please contact Pen Bay Site Liaison, Mary Middleton at mtmiddle2009@gmail.com*