



HER PATH TO EMPOWERMENT STARTS AT Girls on the Run®



Girls on the Run is a **girl-empowerment organization** that inspires participants to be **joyful, healthy and confident** using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.



WHY IT MATTERS



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.

SEASON DETAILS

Next Season: 9/23/2024

Registration: 8/28/2024 - 9/30/2024

End-of-Season 5K: 11/27/2024
(date varies by region)

Program Fee: Sliding Scale \$20 - \$195



SCAN ME!



QUESTIONS?

✉ info@gotroregon.org

☎ (503)318-5212

The Corvallis School District does not necessarily sponsor this organization or its activities. The District assumes no liability for its contents or events arising out of this distribution.

For more information and to register, visit gotroregon.org/programs