

# Girls On The Run 2021 Is Back!



Girls on the Run is for  
**EVERY** girl.



## Spring 2021 Program Registration



Register at: [bit.ly/jccgotr2021](https://bit.ly/jccgotr2021)

*Registration is first come, first served.*

*Teams are limited in size and may fill prior to the registration close date, so register early to ensure your spot!*

Girls on the Run is program like no other! Over the course of 8 weeks, girls of all abilities will have fun, make friends, increase physical activity levels and learn important life skills they can use at home, at school and with friends.

Each session is led by GOTR trained coaches, culminating in a non-competitive 5K event. Participants receive a GOTR T-shirt, water bottle, and 5K medal. Entry fee for the 5K is included for the participant in the registration fee.

### Why it matters

IT'S FUN. IT'S EFFECTIVE.

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.



Girls who were the least active at the start of the program increased their physical activity by more than 40%\*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, PhD

Where: JCC of Syracuse

Days: Mondays and Wednesdays from 4-5:30 pm

Program Starts: April 5, 2021

Cost: \$150

Grades: 3<sup>rd</sup> – 5<sup>th</sup>

Virtual 5K Date: TBD

For more information contact: Amy Bisnett,  
315-445-2040 x122 or [abisnett@jccsyr.org](mailto:abisnett@jccsyr.org)

\*Need based financial assistance application available. Call (315) 685-6067

Learn more at [www.gotrupstateny.org](http://www.gotrupstateny.org)