



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



Girls on the Run is an afterschool program like no other!

Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th-grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event at Renton Memorial Stadium, May 21st.



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 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

SEASON DETAILS

Program Start Date: Monday, March 13 ,2023

Program End Date: Sunday, May 21, 2023

Location: Carnation Elementary

Practice Times: Mon. and Wed. 3:45-5:15

Participant Age Range: 3rd-5th Grade

Contact: Heidi Stauffer

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Learn more and register today at www.gotru Puget Sound.org