



# believe in her *potential*

**Girls need Girls on the Run now more than ever!**

Teams of girls in 3rd through 5th grade **have fun** while engaging in activities and running games that promote teamwork and empowerment.

Girls connect with their peers and learn how to practice empathy and stand up for others.

They learn confidence through goal setting and accomplishment.

Caring, specially trained Coaches lead girls to help unleash their limitless potential.



competence



connection



character

*her medal changes her world*



contribution



caring



confidence

**you belong here**

**Save these dates!**

**register online beginning Jan 24th  
more info at [gotrnwil.org](http://gotrnwil.org)**

**follow us on Facebook, Instagram & Twitter for updates  
program runs March 4 - May 19**

*We need coaches!*



Impact the lives of girls in your community!

No running experience is needed  
and we will fully train you to lead the lessons.

Visit our website to learn about being a coach today!