

WBI Club



Girls on the Run® (GOTR) is designed to help you find your SuperSHero including:

- ☆ Standing up for what you believe in
- ☆ Choosing the right friends
- ☆ Standing up to bullies
- ☆ Dealing with peer pressure and gossip
- ☆ Seeing & celebrating our unique talents
- ☆ Changing your world

You don't have to be the best runner in your class (or even a runner) to join the fun! We'll meet Mondays and Wednesdays 2:30pm-4:00pm to play games, run, and learn how to build up your Girl Power. Along the way, you'll train with an awesome group of girls. The Girls on the Run 5k Run/Walk on December 18th at Virginia Wesleyan.

Girls in 3rd through 5th grade of all shapes, sizes, and abilities are encouraged to participate!

Practice is September 26th – December 14th.
(No practice October 31, November 7, 23)

The WBI GOTR Team is limited in size and are filled on a first-come, first-served basis.

Register online between **September 12 – 30** at:

www.GOTRSHR.org

Or, contact Erin Highton at 757.560.8217 or erin@gotrshr.org



Girls on the Run® is a 501(c)3 physical activity-based positive youth development (PA-PYD) program that inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum that creatively integrates running.