



NEW Fall Season

Join the Fun!

2021 FALL PROGRAM • SEPTEMBER 13 – NOVEMBER 18

who we are

At Girls on the Run, we believe every girl deserves a place to grow, connect and shine. Twice a week for 8 weeks, girls have fun, make friends, increase their physical activity and learn important life skills. Trained and caring coaches lead 3rd-6th grade girls through interactive lessons and running activities.

The season ends with a 5K Celebration on November 13th at Sugar House Park!

program includes

- 8 weeks of fun, dynamic practices
- 16 lessons delivered by trained coaches
- Girls on the Run t-shirt & water bottle
- Personal journal, supplies & materials
- Grown Up Guide for caregivers
- 5K race bib & finisher medal
- Running shoes for those in need



registration opens August 1, 2021

TEAM: Jordan Ridge Elementary
PRACTICE: Mondays & Wednesdays 3:45-5:00 p.m.

We NEVER turn a girl away for inability to pay.

Scholarships are available for any one in need. To learn more, contact us at 801.447.0464 or ivy@girlsontherunutah.org.

WWW.GIRLSONTHERUNUTAH.ORG