

HER PATH TO EMPOWERMENT STARTS AT

REGISTRATION OPENS
AUGUST 15TH!

Girls on the Run®

Southeastern Suburban PA

Girls on the Run is a **girl-empowerment organization** that inspires participants to be **joyful, healthy and confident** using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.



FALL SEASON INFORMATION EM CROUTHAMEL

Season Start Date:
The week of September 22nd, 2025

Practice Schedule: Tue & Thu 3:30PM-5:00PM

Program Cost: \$10 for all EMC students. Use
code EMC25

End of Season 5K Event:
Sunday, December 7th, 2025

WHY IT MATTERS



Our programs boost girls' self-worth when they need it most.



Girls' self-confidence begins to drop by age 9.



Girls' physical activity levels decline starting at age 10.



50% of girls ages 10 to 13 experience bullying.



SCAN ME!



QUESTIONS?

Contact **GOTR SESPA!**

✉ info@gotrpa.org ☎ 215-540-0813

For more information and to register, visit www.gotrpa.org/3rd-5th-grade-program-details