

heart & soul

Be totally you!

⚡ brain ♥ heart ☀ social 🌟 body 🦋 spirit

Our Program: At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. All girls come together and run a celebratory 5k at the end of the season.

LOTTERY REGISTRATION, CHECK WEBSITE FOR FULL DETAILS: www.gotrbuffalo.org

- **Lottery registration week: August 14th- August 21st at 9am (NO EXCEPTIONS)**
- After the lottery is run on August 21st, if a team is not full, the registration will re-open & participants will be accepted on a first come, first serve basis.
- Once a team is full, a waitlist will be started
- Season registration ends September 17th at 10am.

REGISTRATION FEE:

- \$160 per girl - includes 5k registration, a healthy snack and more!
- **Financial aid available** - apply online when registering.
- BCBS Wellness Benefit & Independent Health flex fit debit accepted (if applicable).
- Call 716-873-2221 for more information on financial aid.



Amherst Middle School

Practice: Mondays and Wednesdays 3:45-5:15

GRADES 6-8!