

Hello, Mountain Mover!

Get ready to build the confidence to do hard things. Join a team where you can make new friends and feel like you belong!



Are you ready to believe in yourself
as you take on challenges?



HERE'S WHAT GOTR IS ALL ABOUT:

- Teams practice two times a week for eight weeks.
- Trained, creative & kind coaches lead fun movement-based activities and discussions.
- Teams work together to create a project that helps their community.
- Everyone experiences the joy of crossing the finish line of a 5K at the end of the season!



**Girls develop the skills to
build confidence for life.**



Join our NEW team in Mt. Laurel this Spring!

Open to girls in 3rd-6th grade @
Elbo Park Walking Trails,
180 Elbo Lane, Mt. Laurel, NJ
Tues and Thurs: 4:30-5:45 pm
Registration opens 2/18 at 9 am
Registration fee: \$250
Scholarships/aid are available!



SIGN UP!



CONTACT

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Season starts: April 1

Season ends with our June 1st 5K!

WWW.GIRLSONTHERUNNJ.ORG