



# Register Now for GOTR Fall Session!

*Girls on the Run is a physical activity based youth development program for girls in 3rd-6th grade. The program teaches life skills through dynamic interactive lessons and running games. The goal of the program is to unleash confidence through accomplishment, while establishing a lifetime appreciation of health and fitness.*

**Register online now through September 7th at  
[www.gotrnova.org](http://www.gotrnova.org) or call 703-273-3153**

Starting the week of September 13th, the GOTR team will meet weekly on Tuesdays & Thursdays from 4:30pm-5:30pm at the Nature Center grounds for outdoor practices. The program culminates in a celebratory 5K at the end of the season! The 10-week program includes 20 lessons, a t-shirt, water bottle, entry into the 5K, a 5K medal, and more.

**READY TO RUN IN  
BROADLANDS  
AGAIN?**