



Together We Run Together We Shine

2021 SPRING PROGRAM • MARCH 22 – JUNE 5

who we are

There has never been a greater need for Girls on the Run.

At Girls on the Run, we believe every girl deserves a place to grow, connect and shine. We are thrilled to announce that our research-based curriculum has been adapted to be delivered virtually, should there be a need. Teams will practice in-person following our new COVID-safe modifications and can seamlessly switch to virtual practices if needed.

For our COVID safety plan and to learn how we will keep your girl safe during our 2021 season, visit our website.



**Girl Registration Opens
December 1, 2020**



registration

We NEVER turn a girl away for inability to pay.

Scholarships are available as well as a COVID relief discount code for any family in need. To learn more, contact ivy@girlsontherunutah.org.

program includes

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



SCHOOL: American Prep Academy Draper 2

PRACTICE DATE: Wednesdays & Thursdays

PRACTICE TIME: 2:15-3:30 PM

www.girlsontherunutah.org