



Girls on the Run is for **EVERY** girl



Girls on the Run is an afterschool program like no other!

Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th-grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event April 18, 2026 at Wesley Bolin Plaza!



Why it matters

It's fun. It's effective.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

SEASON DETAILS

Registration Opens: **November 1**

Girls on the Run 5K: **April 18, 2026**

Season Start Date: January 26th
Practice Days: Monday and Thursday
Practice Times: 3:30pm -5:00pm

Questions: evalderrama@grace-az.org

Open to all girls in 3rd-5th grades. Fee reductions via scholarships available to all families in need!

Learn more and register today at gotrmc.org