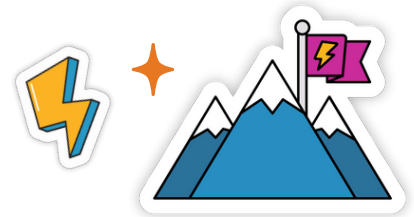




JOIN GIRLS ON THE RUN!

# Hello, **MOUNTAIN MOVER!**

Girls on the Run features lessons focused on what matters most to young girls. This season, participants will build the confidence to do hard things. How? By developing powerful tools to help teammates believe in themselves, then applying these tools to take on lifelong challenges.



## GIRLS LEARN HOW TO...



Discover their  
I Can! Power —  
the power to do  
hard things



Manage and  
move through  
difficult emotions



Use stick-with-it  
strategies to help  
them overcome  
obstacles



Proudly breathe,  
believe, and  
achieve their goals

## Oak Flat Elementary Grades 3-5

Registration opens August 26, 2024

**8-Week Season Starts:** Week of September 23

**Practices:** Tuesdays & Thursdays, 4:00 - 5:30 PM

**5K Celebration:** November 24 at HACC

**Discounts and Payment Plans are available!**

## QUESTIONS?

**Oak Flat Elementary Contact:**

**Caitlin Steinly**

csteinly@bigspring.k12.pa.us

SCAN ME TO  
REGISTER



For more information  
and to register, visit  
[www.gotrmidstatepa.org](http://www.gotrmidstatepa.org)