



inspiring girls
TO BE JOYFUL, HEALTHY AND CONFIDENT!

JOIN GIRLS ON THE RUN THIS FALL!

Fall Season: Week of September 9th- November 9th
5k is SATURDAY, November 9th, 9:30am @ Delaware Park in Buffalo

LOTTERY REGISTRATION (CHECK WEBSITE FOR FULL DETAILS): www.gotrbuffalo.org

Lottery registration week: August 5th- August 12th 9 am.

- After the lottery is run on August 12th at 9 am, if a team is not full, the registration will re-open & participants will be accepted on a first come, first serve basis.
- Once a team is full, a waitlist will be started
- Season registration ends September 16th at 10am SHARP (No exceptions)

REGISTRATION FEE:

- \$165 per girl - includes 5k registration, gift, and more!
- **Financial aid available** - apply online when registering.
- BCBS Wellness Benefit & Independent Health flex fit debit accepted (if applicable).
- Call 716-873-2221 for more information on financial aid.



During this program GOTR Girls...

-recognize their inner strengths & make new friends

-build their confidence and celebrate all that makes them unique while training for a non-competitive 5k

-learn from a curriculum that inspires girls to define their lives on their own terms

Elmwood Franklin School

September 9-November 7, Mondays and Thursdays, 3:15-4:30 p.m.

Open to all Girls in Grades 3-5

www.gotrbuffalo.org/716-873-2221 for more information