



Girls on the Run For girls in 3rd-5th grades Quail Valley Elementary School



**First practice will be: The
week of Sept. 4th**

Quail Valley Elementary School
Girls on the Run team will meet
on M/W 3:45 PM - 5:00 PM

Celebratory GOTR Fall 5K

Saturday, November 18, 2023

at Rice University

More than a Running Program

Unlike other programs, Girls on the Run combines both social-emotional learning and physical activity.

The program fee includes:

- + 20 interactive lessons led by trained Girls on the Run coaches, delivered in-person
- + An official Girls on the Run t-shirt and program journal
- + A celebratory end-of-season 5K event including a 5K medal, bib, and sponsor gifts
- + Friendship, fun and lessons to last a lifetime!



Register online at

www.gotrgreaterhouston.org

