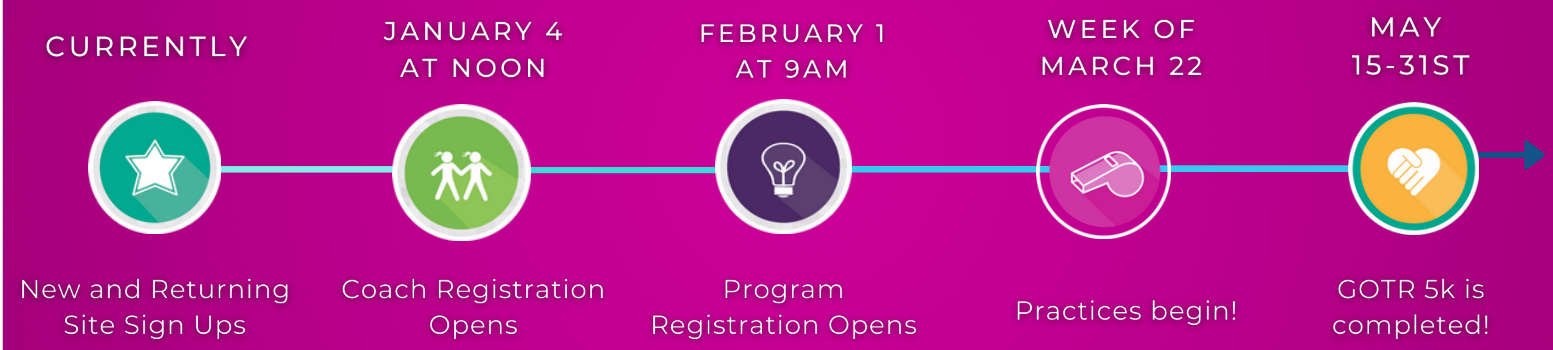
Girls on the Run Spring 2021 Program

Information for both In-Person/Flexible and Virtual programming

Timeline:



Spring 2021 Program Details

- 16 research-based social emotional lessons
- Practices can be held 2, 3, or 4 times per week
- Virtual practices are 45-60 minutes, In-Person practices are 75-90 minutes
- Each practice led by at least 2 trained, background checked coaches
- All site fees have been reduced by 25%

Ways to complete the 5k:

- Virtual 5K: completed independently
- Site-Based 5K: completed in-person with team
- Community-Based 5K: completed with a limited number of other teams that have participated in the Spring 2021 season

Teams will be able to choose the 5k option that works best for them.

What will my girl receive?

- 16 lessons led by trained coaches
- Program t-shirt
- Water bottle
- Snacks at all in-person practices
- Personal journal - NEW this season
- Medal for 5K completion
- Finisher's certificate
- Race bib

COVID-19 Precautions

- Coaches will receive guidance and materials to practice social distancing and disinfection, according to the CDC, state, and local health departments
- Smaller team sizes are encouraged (6-12 girls)
- Covid policies for in-person programming can be found HERE