



Break away from the pack of ordinary after-school programs with **Girls on the Run of Nebraska**. We encourage positive physical, social and emotional development to help girls get one step closer to a lifetime of healthy habits and self-confidence.



What makes  
**Girls on the Run**  
 so much fun?

[GirlsontheRunofNebraska.org](http://GirlsontheRunofNebraska.org)

To educate and prepare girls for a life time of self-respect and healthy living.



[GirlsontheRunofNebraska.org](http://GirlsontheRunofNebraska.org)

# What makes Girls on the Run so much fun?

**Girl Power!**

**The 5K!**

**Friends & Fitness!**

**Volunteers!**

## Girl Power!

Girls on the Run of Nebraska offers unique after-school programming to help girls in grades 3 through 6 put their best foot forward. Participants play interactive running games and learn valuable life skills as they train to complete a 5K (3.1 mile) run/walk. Along the way, they learn to celebrate themselves and one another in a noncompetitive and ultra-supportive environment.

*“Girls on the Run gave my daughter something to be proud of. It was such a blessing to pick her up each time and see a smile on her face and the sparkle back in her eye.” —a Lincoln Mom*

## Friends & Fitness!

Girls on the Run combines exercise, education, mentoring and Girl Power to promote healthy habits and self-esteem in young girls. An innovative curriculum incorporates fun games and lively discussions on topics important to girls—things like gossip, body image, and the pressure to look, act and be a certain way to fit in. The noncompetitive and supportive atmosphere encourages girls to work at their own pace to reach their goals.

*“My daughter learned that you could run without always trying to be first. It showed her that it was more important to participate and finish than worry about what place she came in.” —an Omaha Mom*

## The 5K!

At the end of every season, hundreds of girls from GOTR teams across the area come together for the grand finale 5K. It's not a typical road race—it's a party! Participants bask in the fun and supportive environment where everybody's accomplishments are celebrated. It's an unforgettable and life-affirming experience for all involved.

*“The 5K was tremendously positive and very uplifting! It was great to see everyone cheering each and every one of the girls as they got to the finish line.” —a Lincoln Mom*

## Volunteers!

Committed volunteers are key to the success of Girls on the Run of Nebraska. We're always looking for energetic women and men who want to make the world better for girls. You don't have to be a runner to get involved. There are many opportunities available.

*“Girls on the Run of Nebraska is such a great program to be a part of. Seeing the transformation in the girls is mind-blowing. Enjoy the ride!” —a Lincoln Coach*

