

Become a GOTR Girl! Girls on the Run of Nebraska offers after-school programming that combines friendship, fun and training for a 5K to promote healthy lifestyles and self-respect in third- through sixth-grade girls. Our nonprofit organization uses a nationally standardized curriculum that incorporates exercise, education and mentoring to create a positive athletic experience for young girls.

Beginning on August 27, we will meet after school until 4:45 pm every Tuesday and Thursday to play running games and discuss topics that matter to pre-teen girls. Along the way, the girls learn about themselves, their teammates and their ability to do more than they think they can. The season will culminate in an optional 5K run on November 2 at Air Park in Lincoln.

St. Patrick's 2019 GOTR coaches are Leslie Knobbe and Kerry Bernal, both members of St. Patrick's Parish and moms of St. Patrick's students (we are working on adding one more coach to our staff, TBA at a later date). Coaches are screened and trained volunteers who want to make the world better for girls by promoting a healthy lifestyle and positive attitude. Every coach undergoes a background check every two years, watches online training modules and attends an in-person coach clinic.

Registration is open now! The cost of the program is \$93. Financial aid is available. There will be an additional fee to register for the 5K. For more information and to register, visit <https://www.gotrnebraska.org>. Additional questions? Contact Kerry Bernal at bernalsk@gmail.com or (402) 699-5373.