



We hope you will further weave the Girls on the Run mission into the daily life of your girl. Why is this important? While your girl can be affected and inspired by her coaches and friends, it is parents and caregivers who have the ultimate influence in her life. As you discuss the lessons, you will reinforce the goals of the Girls on the Run program while also deepening your connection with one another. If you are returning to Girls on the Run for the second, third or even sixth time, we strongly encourage you to continue asking your girl questions about what she is learning. She is growing up and continually changing, and while the questions may seem to remain the same, the answers will evolve.

We cherish the girls who participate in GOTR and the adults who care for and love them. We thank you for entrusting them to our care each session.

