

HER PATH TO EMPOWERMENT STARTS AT

HEART & SOLE

BY Girls on the Run®

FALL SEASON 2025



Commodore Perry

Grades 6-8

Season Begins: Week of September 8th

Practice Days: Monday & Wednesday 3:00pm-4:30pm





Program Registration Opens August 13th at Noon



WHAT WE DO

Girls on the Run is a **girl-empowerment organization** that inspires participants to be **joyful, healthy and confident** using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

WHY IT MATTERS

-  Our programs boost girls' self-worth when they need it most.
-  Girls' self-confidence begins to drop by age 9.
-  Girls' physical activity levels decline starting at age 10.
-  50% of girls ages 10 to 13 experience bullying.



USE CODE:
MERCERFALL25

**SCAN TO
REGISTER!**

QUESTIONS?

Contact Your Council:
Program Coordinator- Linda Maus
✉ mauslm@upmc.edu

For more information or to register, visit www.gotrmagee.org/programs