Girls on the Run – Season 17 at OQS

Girls on the Run inspires individuals of all abilities to discover, build, and grow their self-confidence. Together, they experience a sense of belonging and connection as a team. Volunteer coaches facilitate lessons that blend physical activity with life skill development, including managing emotions, fostering friendships, and expressing empathy.

Registration includes 10 weeks of uplifting workouts culminating in a non-competitive, celebratory 5K race in **Manchester, Vermont, on Saturday, June 6, 2026.**

Details:

- ★ **Wednesdays and Fridays** from **2:45-4:30,** starting **Wednesday, March 25, 2026**
- ★ Open to girls in grades **3, 4,** and **5**
- ★ Two days per week participation is ***mandatory*** for the benefit of your girl and other participants. Please **do not register** your girl if she has conflicts with other clubs or groups.
- ★ While the GOTR season officially starts March 17, we have early release/conference days that week, so we'll start March 25.
- ★ Mark your calendar for **June 6, 2026** - your family won't want to miss the 5K celebration in Manchester, VT

Cost:

- ★ The Vermont Girls on the Run registration fee is $130
- ★ OQS has acquired funds to cover $60 per girl. **This brings your registration fee to $70.**
- ★ If $70 is too much for your family to pay, further financial aid is available during the registration process from GOTR-VT.
- ★ You can get more details about the program and fees at https://www.gotrvt.org/3rd-5th-grade-program-details

Registration:

At this time, we can take **fifteen** 3rd, 4th, and 5th-grade girls on our team. If more register, they will be added to a waitlist.

Register here

Questions? Email Amelia Looby, amelialooby@gmail.com, or Shannon Pogue, shanscow@gmail.com.

Girls on the Run is so much fun!