



Girls on the Run is for **EVERY** girl

COMING TO YOUR SCHOOL

What is Girls on the Run?

Girls will be inspired to a lifetime of self-respect and a healthy lifestyle through an innovative program that combines running with fun games and activities. This program promotes individual achievement and self-confidence. Girls gain self-esteem and learn healthy lifestyle habits while training for a 5K run/walk race. Open to all 3rd, 4th and 5th grade girls.

Your daughter will...

- Understand that she has a place in her community
- Develop a strong sense of identity
- Learn how to give and receive support in a group
- Gain confidence to stand up for herself and others
- Improve her self-confidence and body image
- Complete a 5K run/walk event in the community



Will be open to all 6th, 7th, and 8th grade girls.



Practice Days/Times: Mondays and Tuesdays 4:00 - 5:30 pm

First Day of Practice: Monday March 6

Fee for 10-week Program: \$40 (scholarships available)

Site Coordinator: Heather Filyk, Danielle Zuroweste, Olivia Pitesa

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Registration opens on: February 6, online

Visit our website to learn more: www.girlsontherunrockies.org