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

Practice Days/Times: Monday and Wednesday 2:40-4:00
First Day of Practice: 9/13
Fee for 10-week Program: $170
Site Coordinator: Lori Yoder
Email: loriyoder14@yahoo.com  Phone: 303-210-7053
Registration opens on: 8/2

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