



# 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](http://www.girlsontherunrockies.org)