



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



*Girls on the Run is an afterschool program like no other! Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3-5 grade girls through interactive lessons and running activities. The season ends with a noncompetitive 5K event.*

## Why it Matters?

*IT'S FUN!*

Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

**Registration OPENS August 1<sup>st</sup>, 2019**  
**Financial Assistance is AVAILABLE!**

*If more than 15 girls register for a team through August 26<sup>th</sup>, teams will be selected using a random lottery on August 27<sup>th</sup>. Some girls may be waitlisted. Waitlisted girls receive priority for the next GOTR season.*

*From August 27<sup>th</sup>, if open spots remain on a team, registration will continue on a first-come, first-served basis until a team is full or when registration closes at 11:59 p.m. on September 22<sup>nd</sup>.*

**Team: Elmwood Academy**

**Practice Days/Time: Mondays and Wednesday / 2:45 – 4:15**

**Program Starts: The Week of September 9<sup>th</sup>.**

**5K Celebration: Sunday, November 24<sup>th</sup>, 2019.**

\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss Ph.D.

\*\*This program is not sponsored or endorsed by the school district. Distribution of this material does not constitute endorsement by the district.

**LEARN MORE AND REGISTER TODAY AT [CAPAREAGIRLSONTHERUN.ORG](http://CAPAREAGIRLSONTHERUN.ORG)  
717.763.4879**