

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

Girls on the Run is a program like no other! Girls will have fun, make friends, increase their physical activity levels and learn important life skills.



More than a Running Program

Unlike other programs, Girls on the Run combines both **life skills learning** and **physical activity**.

The program fee includes:

- + Twenty interactive lessons led by caring and trained Girls on the Run Coaches
- + An official Girls on the Run T-shirt
- + All program materials including activity sheets and lap counters
- + Registration for the end-of-season celebratory 5K
- + A 5K finisher's medal
- + Friendships, fun and lessons to last a lifetime!
- + Water bottle and end of season gift

Trained Coaches

The life skills curriculum is delivered by caring and competent coaches **who attend the GOTR National Coach Training Session**.

5K Celebration

The season concludes with a **celebratory 5K event**. Completing a 5K gives the girls a tangible sense of achievement as well as a framework for setting and achieving goals.

Community Impact

Girls will work together to create and execute a **community service project**. This experience inspires girls to build lives of purpose and to make a meaningful contribution to society.

PURCHASE COMMUNITY HOUSE

**Wednesday & Thursday
3:30 – 4:45pm (Grades 3 – 5)**

February 18: Online Registration Opens

April 1: 10-Week Season Begins

June 15: GOTR 5K Celebration - SUNY Purchase

\$175 program fee. Scholarships and payment plans are available during registration. Team size is limited. Registration is filled on first-come, first-served basis.

REGISTER AT: WWW.GIRLSONTHERUNHV.ORG

Questions: Johanna Pryluck 917-971-3757 or Caroline Kierans 347-409-4791