



Girls on the Run Spring Season

JOIN THE *fun*



WHAT WE DO

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 3rd – 5th grade girls through interactive lessons and running activities. The season ends with a noncompetitive celebratory 5k event that offers girls a tangible sense of achievement through goal setting.

SPRING PROGRAM

- Ten weeks in duration
- Two practices per week
- Practice is 75-90 minutes in duration
- Team size: approximately 15 girls
- Teams are led by trained volunteer coaches
- Culminating celebratory 5k event
- \$175 program fee. Scholarships are available
- Register at www.girlsontherunhv.org

PRACTICE INFO

Anna S Kuhl Elementary
Monday & Wednesday 3:20 – 5:00 PM

SPRING SEASON : April 2 – June 9th
GOTR 5K: June 9th

REGISTER ONLINE AT: www.girlsontherunhv.org