



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

Why it Matters?

**IT'S FUN!
IT'S EFFECTIVE!**

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 January 1st, 2019
No Hassle Financial Assistance is AVAILABLE!**

If more than 15 girls register for a team through February 4th, teams will be selected using a random lottery on February 5th. Some girls may be waitlisted. Waitlisted girls receive priority for the next GOTR season.

From February 5th, 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 March 4th.

Team: Holy Name of Jesus School

Practice Days: Tues/Thurs 3:15-4:45 pm (tentatively)

Program Starts: The Week of February 18th.

5K Celebration: Saturday, May 11th, 2019.

Contact Tara Koch at tarasellspa@gmail.com or at 717-503-7837 with questions.

*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,
717.763.4879**