



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 Feb. 25th.

Team: Rutherford Elementary School

Practice Days/Time:
Mon/Wed team 4:00-5:30pm OR
Tues/Thurs team 4:00-5:30pm

Program Starts: The Week of February 18th.

5K Celebration: Saturday, May 11th, 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 FOR ONE OF THE TEAMS TODAY AT:
WWW.CAPAREAGIRLSONTHERUN.ORG OR CALL 717.763.4879