

# Join Girls on the Run!

*Girls on the Run is a non-competitive, curriculum-based running program dedicated to educating and building confidence in girls grades 3-5.*



**Join the fun!** Girls in 3rd, 4th, and 5th grade are invited. You don't even have to love running.

**Learn about yourself!** Explore who you are and build your confidence.

**Get moving!** Play games that get you energized and build your fitness! Learn how nutrition impacts how you feel.

**Help your community!** Create a service project with your new friends and cool coaches.

**Share with your family!** Run, walk, skip or hop the Girls on the Run 5k together with your team on May 11th.



## SIGN UP TODAY!

*Enrollment is first come, first served*

- Enroll and pay online at [www.gotrbayarea.org](http://www.gotrbayarea.org) or
- Complete registration forms and return to the main office by February 1st.
- Invite your friends to join the team too!

## Parkmead Program Details

DATES: March 11-May 24, 2013

DAYS: Mondays & Wednesdays

TIMES: 2:30-3:45pm

LOCATION: Parkmead School

No practice Spring Break (4/1-4/5)

COST: \$180 per season

SCHOLARSHIPS AVAILABLE: Yes

INCLUDES: 20 Lessons and free entry to season ending Girls on the Run 5k, t-shirt and water bottle, healthy snacks.



Girls on the Run of the Bay Area  
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415.863.8942 • [www.gotrbayarea.org](http://www.gotrbayarea.org)