Girls on the Run

at Mt. Horeb Elementary School

"We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running."

*Girls on the Run is a transformational learning program for girls in grades 3-5. We teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their inner confidence and celebrate all that makes them unique. **Girls will participate in the Girls on the Run 5K. The Girls on the Run 5K is open to the public and families are encouraged to run. The registration fee for the race is $25, information on registering will be sent via email.***

Register online at:

https://www.raceplanner.com/register/index/GOTRCNJSpring2018

Space is limited, register by March 25th

Please click the drop down menu and register for the school or location your daughter will be enrolling in.

For more information please contact Donna York at
donna.york@girlsontherun.org

Who: Girls in Grades 3-5   **Days: Monday & Thursday**

When: March 26h - June 10th   **Time: 3:40-4:55pm**

Fee: $145