

BECOME A GIRL N THE RUN!

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

If you're in 3rd, 4th or 5th grade, you're invited to join us. And so are all of your friends. You're sure to have fun, even if you don't love running.

With Girls on the Run You'll:

- Make new friends, and enjoy your old friends more!
- Learn how to eat well to feel good about YOU.
- Take part in games that help you feel positive and excited about tomorrow.
- Do things you never thought you could do—like run (or skip or walk) a 5K.



Dixie Team Details

DAYS & TIMES:

Tuesdays & Thursdays 2:45-4:00pm
(plan to attend both days)

SEASON DATES: September 24 – December 7
(no practice on school holidays)

COST: \$300

INCLUDES: 20 Lessons, t-shirt and water bottle, healthy snacks, and entry to season-ending Girls on the Run 5K on Sunday, December 9.

Registration deadline is September 14

Team may fill before deadline



And that's just for starters. So on your mark, get set, go to our website and find more about everything we offer. Spaces fill up fast. Enroll today! www.gotrbyarea.org.

