



BE YOUR OWN HERO!
FITNESS, EMPOWERMENT &

fun



what IS GIRLS ON THE RUN?

Girls on the Run is an after-school program dedicated to creating a world where every girl activates her limitless potential and is free to boldly pursue her dreams. It's a place where girls learn that they CAN. No limits. No constraints. Only opportunities to be remarkable.

who CAN JOIN?

Middle school girls like YOU!

when DO WE MEET?

Twice a week after school for 75-90 minutes.

GIRLS ON THE RUN IS
so much fun

AS A GIRLS ON THE RUN
PARTICIPANT YOU'LL RECEIVE:

- Program t-shirt
- Water bottle
- Fun 5k experience with your coaches, friends and family
- End-of-season gift
- And more!

Contact: Ms. Holcomb (371),
Ms. Liu (358) or Ms. Taylor (365)

Practice: Mon & Thurs 2:45-4:00

Program Fee: \$175

**Financial assistance is available (reduced lunch:
\$75, free lunch: \$22, military discount: \$150)*

Start Date:

5k Date: Sunday, May 17th