



Girls on the Run

At Springer this coming Spring !

The two words that best describe Girls on the Run are “FUN” and “RUN”!

The Springer program begins the week of March 3, 2014, and lasts for 10 weeks.

We'll meet twice a week on Monday and Wednesday, 3:00pm – 4:15 pm (No meetings during spring break)

The program at Springer is open to girls in 3rd-6th grade.

The program fee is \$225, which includes 20 lessons led by trained Girls on the Run coaches, program t-shirt and materials, healthy snack after each lesson, and registration into the Girls on the Run 5K on Saturday, May 17, 2014.

Registration is **ONLINE ONLY** and opens at 8:00 am on Saturday, December 7, 2013. Registration is limited and will be accepted on a first-come, first-served basis. Visit our website at www.gotrsv.org and click on “sign up a girl” for a link to online registration. Scholarships are available.

All girls must have an adult (a “running buddy”) who will run with them in the Girls on the Run 5K. All running buddies must register for the 5K (5K registration will open on February 1, 2014).

Girls on the Run of Silicon Valley is a 501(c) (3) non-profit organization with a mission to educate and prepare girls for a lifetime of self-respect and healthy living. To learn more, please visit www.gotrsv.org or contact the head coach at Springer School: Veronique Gobry (veronique.gobry@gmail.com)

Girls on the Run...

- ...is a positive youth development program for 3rd-6th grade girls
- ...utilizes an innovative curriculum designed exclusively for preteen girls
- ...includes running workouts and games to teach important skills, such as how to make healthy decisions and resolve conflicts
- ...prepares girls to successfully complete a 5K event
- ...challenges and encourages girls, whatever their fitness level
- ...provides positive peer group experiences and role models for healthy living

Our goal for each girl is to...

- ...have a stronger sense of identity
- ...learn the advantages of peer group support
- ...learn to stand up for herself in a healthy manner
- ...have an improved body image
- ...understand her ability to impact her community
- ...complete the Girls on the Run 5K on Saturday, May 17, 2014

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Programs run from March 3 through May 17, 2014

www.gotrsv.org