GIRLS ON THE RUN

Coming to Springer

The two words that best describe Girls on the Run are "FUN" and "RUN."

Every aspect of the program is geared toward helping girls feel good about who they are—physically, emotionally and socially—by using the power of running to prepare them for a lifetime of self-respect and healthy living.

The Springer program begins the week of March 4 and lasts for 10 weeks. We'll meet twice a week on Monday and Wednesday 3pm-4:15. No meetings during spring break. The program at Springer is open to girls in 3rd – 5th grade.

The program fee is $225, which includes 20 sessions, program t-shirt and materials, healthy snack after each lesson and registration in the Girls on the Run 5k run/walk event on May 18th, 2013. Registration is **ONLINE ONLY** and opens at 8:00am on December 1. Registration is limited and will be accepted on a first come, first serve basis. Visit our website at www.gotrsv.org and click on "'sign up a girl" for a link to online registration. Scholarships are available.

Last year, over 1200 girls participated in Girls on the Run of Silicon Valley programs. 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 our website or contact the head coach at Springer School – Karey Gutierrez (kareytg@gmail.com).

Girls on the Run®

- Interactive learning program for 3rd-5th grade girls
- Innovative curriculum designed exclusively for preteens
- Includes running workouts and games to teach important skills, such as how to make healthy decisions and resolve conflicts
- Prepares girls for a 5k (3.1 mile) run/walk 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

- 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 (3.1 mile) run/walk event on May 18th, 2013

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Spring programs run March 4 – May 18, 2013
www.gotrsv.org