

Media Release

Contact: Girls on the Run Greater Hartford

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For Immediate Release:

Girls on the Run of Greater Hartford is Looking to Expand to More Locations in Greater Hartford region

Girls on the Run of Greater Hartford is currently looking for new sites to host programming for the spring 2017 season. Girls on the Run is a physical activity-based, positive youth development program that teaches key life skills to girls in 3rd through 5th grade through dynamic discussions and fun games that creatively integrate running. Participants develop and improve competence, feel confidence in who they are, develop strength of character, respond to others and oneself with care, create positive connections with peers and adults and make a meaningful contribution to community and society.

Sites can be local schools or community centers. Each site must have a volunteer site liaison, a safe space for physical activity and provide both outdoor and indoor meeting locations. The deadline to submit a site application is December 16, 2016.

At each site, volunteer coaches lead teams of 8-15 girls through research-based curricula that include lessons on confidence, treating others with care and contributing to the community. During the ten-week program, girls complete a community service project and become physically and emotionally prepared to participate in a celebratory 5k event. Completing a celebratory 5k event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals.

Girls on the Run International has served over 1.2 million girls since its inception in 1996. To submit an application to start a new Girls on the Run Greater Hartford site, visit www.gotrgreaterhartford.org or contact Nancy Woodward at nancy.woodward@girlsontherun.org.