



# GIRLS ON THE RUN EMPOWERING GIRLS In grades 3—5!

## Holmes Elementary School

### What is Girls on the Run?

Girls on the Run is a national non-profit character development program that encourages pre-teen girls (grades 3-5) to develop self-respect and healthy lifestyles through running. The mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running. Each session will include a group exercise, with emphasis on teamwork, which will culminate in a 5K (3 mile) run. **\*Program meets twice weekly for 10 weeks\***

**If you are unable to commit to attend twice per week, please join us next time, when your schedule permits!**

### Registration Information:

To register please go to [www.girlsontherunffldcty.org](http://www.girlsontherunffldcty.org) and click on the Registration Information tab. Registration is done online via Race Planner. Payment is via credit card.

**\*Registration opens on Weds 2/18, at noon\***

For information regarding Financial Assistance please contact Diana Riolo at (203)966-4528 ext.

**GIRLS ON THE RUN**  
New Canaan YMCA Affiliate  
564 South Avenue  
New Canaan, CT 06840  
[www.girlsontherunffldcty.org](http://www.girlsontherunffldcty.org)

Holmes Elementary School  
Spring 2018

TIME: Mon 7:45 AM—8:50 AM  
Fri 7:45 AM—8:50 AM

DATES: 3/19—6/8

**FEE:** \$165 program fee + race fee at time of 5k registration. Each participant will receive a Girls on the Run T-Shirt

Questions? Contact:  
[mary.bentley@girlsontherun.org](mailto:mary.bentley@girlsontherun.org)