



Dear 3rd, 4th and 5th grade families,

This Spring (beginning the week of February 10th), our school will offer Girls on the Run!



Girls on the Run is a 10-week running program where girls learn lessons on self-confidence/awareness, positive relationships, and connecting to/shaping the world, while working up to the season's goal of running a 5K. The 5K is held in May where all other Girls on the Run teams from Dayton will come together at Fifth-Third Field, to celebrate a wonderful and successful season!



GIRLS ON THE RUN IS **FOR ALL GIRLS**. They do not have to be good runners! We focus on every girl doing their individual best, setting goals for themselves and supporting their teammates in accomplishing their goals. They will amaze themselves with what they can accomplish and the changes they make in ten short weeks!

Since the organization is entirely volunteer-run, there is a small fee to participate. Girls on the Run of Dayton offers scholarships to those girls that are in need of financial assistance. The Girls on the Run organization wants every girl to have the opportunity to participate. Every family is eligible for a scholarship and there is NO paperwork or application to complete. You will be queued during registration to let Girls on the Run know the amount your family is able to pay.

Registration is open December 1st to January 31st. We have a limited number of spots on the team and we do offer on a first come, first serve basis! Register early!!

Visit www.gotrdayton.org to register your girl! Starting December 1st!

We love Girls on the Run, and we know you will, too!

We hope you will consider joining our team.

St. Charles School