



# GIRLS ON THE RUN

## EMPOWERING GIRLS IN GRADES 3-5

### About 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, and culminates in a 5K (3 mile) running event.



- Program meets twice per week
- Registration opens on Friday 9/6/19 at 12:00 noon via our website.

### Girls on the Run Fairfield County

The New Canaan YMCA is proud to serve as the host for Girls on the Run Fairfield County, serving over 1,600 girls in 25 schools.

### GOTR @ St. Aloysius—Fall 2019

- Meets: Tues & Thurs 7:20—8:20 AM
- Dates: 9/17/19—12/5/19
- Fee: \$170 (5K event fee is separate)
- To request financial aid contact Diana Riolo at 203.966.4528 x185
- Questions: [mary.bentley@girlsontherun.org](mailto:mary.bentley@girlsontherun.org)

To learn more visit:  
[www.girlsontherunfairfield.org](http://www.girlsontherunfairfield.org)