



# Girls on the Run of Central Maryland

## Fall 2017 Season

- Registration is on a first-come, first-served basis. \*\*
- The program is for girls in 3<sup>rd</sup>-5<sup>th</sup> grade.
- Classes begin the week of September 17<sup>th</sup> and will meet twice a week for approximately 10 weeks.
- Cost is \$175 (financial assistance available)

\*\*Maximum enrollment is 20 girls per school. Additional slots pending availability of volunteer coaches.

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**Girls on the Run®** is an after-school character development program that inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running. The program combines training for a 5k (3.1 miles) event with self-esteem enhancing, uplifting workouts. The lessons promote self-challenge instead of competition; self-worth instead of societal worth; and cooperation instead of rivalry. The goal of the program is to encourage positive emotional, social, mental, spiritual and physical development.

Girls face social pressure and conflicting messages about how they should act and who they should be. Studies show that by adolescence, girls' confidence drops about twice as much as boys'. It doesn't have to be this way. We believe that EVERY girl is inherently full of power and potential. When girls believe that they are the leaders of their lives, they can change the world!

learn. dream. live. *WM*.™

For more information about the program, financial assistance, registration, or locations, please visit [www.gotrcentralmd.org](http://www.gotrcentralmd.org) or contact us at:

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