



## **REGISTRATION OPENS MONDAY!!**

[www.girlsontherunrockies.org](http://www.girlsontherunrockies.org)

Girls on the Run is a place where all girls can be themselves. We stretch ourselves physically, mentally, socially and emotionally. We have an innovative program that combines training for a 3.1 mile run/walk race with a fun, health education lesson plan. This program promotes individual achievement and self-confidence. Girls gain self-esteem and learn healthy lifestyle habits while training for a 5k run/walk race.

### **What if I don't like to run?**

That's ok! We use the term "running" loosely and want girls to just be themselves and have fun. Girls can run, hop, skip, speed walk or dance towards their goals. The lessons promote self-challenge instead of competition; self-worth instead of societal worth and cooperation instead of rivalry.

### **REGISTRATION OPENS MONDAY, AUGUST 14TH!**

Practice meets every Monday and Wednesday at 3:15-4:15 between the weeks of September 11<sup>th</sup> through November 18<sup>th</sup>.

Fee: \$95 (includes 20 practices, 5k entry and a t-shirt!)

- Go to [www.girlsontherunrockies.org](http://www.girlsontherunrockies.org).
- Click on "Registration Open".
- Find and select your school name in the dropdown box.
- Complete the registration.
- Check your email for a registration confirmation email. This means registration is complete!
- Contact Heather Reading at 495-1149 x6348 or at [hreading@d49.org](mailto:hreading@d49.org) for more information.