



Educating and preparing girls for a lifetime of self-respect and healthy living

Girls on the Run at Highland View ES!!

WHAT: *Girls on the Run?* is a nationwide, not-for-profit after-school program that combines training for a 5K running event with self-esteem enhancing and uplifting workouts.

WHO: This program is open to students in grades 3-5. Space is limited to 30 participants.

WHEN: The program will be offered from March 9th to May 16th on *******Monday and Thursday afternoons from 3:45pm - 5:00pm.*******

COST: Fees are charged on a sliding scale ranging from \$10 - \$150 based on household income, and full scholarships are available. The fee covers program costs, snacks, program t-shirt, race t-shirt, water bottle and entry into the 5K fun run.

HOW: Registration opens on-line January 21st at 9:00am for *returning members* www.girlsontherunofmoco.org, or complete paper registration form and turn into your child's teacher. **New members** may register on-line or with the form attached beginning January 28th.

WHY: The goal of Girls On the Run? is to encourage positive emotional, social, mental and physical development for pre-teen girls.

QUESTIONS? Please visit www.girlsontherun.org or www.girlsontherunofmoco.org for more information.

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