



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

Girls on the Run® is Coming to 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 3:45-5:00pm on Wednesdays and from 7:45-9:00am on Fridays. There is a 5K fun run on May 23, 2010. Each girl should have an adult running buddy register for the 5K and run with them. There is a \$25 fee for buddies to participate in the 5K.

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

COST: Fees are \$150 for the ten week program. There are three levels of scholarships available. \$75 for families that qualify for FARMS (free and reduced meals) or \$10 for families that qualify for FARMS and have a household income <\$30,000. Finally, need-based full scholarships are available upon request. The fee covers program costs, snacks, program t-shirt, race t-shirt, water bottle and entry into the 5K fun run. If applying for scholarship, a copy of your FARMS eligibility form will be due with your registration and fees.

HOW: Registration forms will be sent home in the February 4th Thursday folders. Please complete the forms, including the waiver, and mail the registration and payment directly to:

Girls on the Run of Montgomery County
7604 Wheatcroft Court
Bethesda, MD 20817

QUESTIONS? Please visit www.girlsontherun.org or www.girlsontherunofmoco.org for more information. Or contact Sue Wilson at 301.675.1838 or davidsusanwilson@earthlink.net.