



## Girls on the Run of Greater Richmond SPES Winter/Spring 2014 Program for 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Grade Girls

**Meeting Dates & time:** Monday & Thursday's 2:45-4:15

We are thrilled to return to SPES for our 4th season of GOTR! We will be utilizing a new curriculum so girls can return and experience new invaluable GOTR lessons and dialogue!

**What is it?** Girls on the Run is a curriculum-based, after-school character development program designed for 3<sup>rd</sup> – 5<sup>th</sup> grade girls of ALL fitness and ability levels. Our program **instills self-esteem and strong values through health education, life skills development, mentoring relationships, and physical training** while attempting to help **each girl find and stay true to her REAL self**.

Groups of 8 to 15 girls meet twice a week with their trained, volunteer coaches to discuss important life lessons while engaging the girls in games and running-based workouts that encourage **emotional, social, psychological and physical development**. Girls on the Run emphasizes **independent thinking, making healthy choices, healthy group dynamics and problem solving**. The curriculum stresses peer support and doing your best. The program finishes with the girls running or walking in a celebratory 5K. This year's Winter 5K will be the Toys for Tots 5K in December.

**Program Dates:** Practices start Monday, February 2<sup>nd</sup> and run until May 9th

**Registration:** Available online [January 12th](http://www.gotr-richmond.org) from the program website. <http://www.gotr-richmond.org>

Space is limited to 15 girls – first come, first served. A wait-list will be used to determine placement, in the event that we receive over 15 registrants for a site and those registrants will be informed while registering that they are on the wait-list.

**Cost:** \$185 / participant

Program includes: program t-shirt, water bottle, healthy snack at every practice, 12 weeks of program materials and lessons, 5k race entry and end of season 5k completion medal.

*\*Scholarships are available based on need and will be awarded on a first come, first served basis. A scholarship application link is available on our website and supporting documents must be emailed for applications to be given consideration. Please apply for scholarships prior to trying to register.*

**5K Date:** Saturday, May 9<sup>th</sup>- We Heart Harlie and Friends 5K in West Creek

Friends and family are encouraged to join!

**School Site Liaison and Contact:** Brenda Moore

**Girls on the Run of Greater Richmond**

Email: [info@gotr-richmond.org](mailto:info@gotr-richmond.org)

Website: <http://www.gotr-richmond.org>