



Come be a part of the fun!  
Join us at Girls on the Run!

So... What is Girls on the Run?

Stretch yourself - physically, mentally, socially and emotionally. Girls will be inspired to a lifetime of self-respect and a healthy lifestyle through 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.

Girls on the Run is a nonprofit organization dedicated to helping girls stay out of the "Girl Box" - a place where girls are valued more for their outward appearance than their character inside. We are working to reduce at-risk behaviors such as substance abuse, eating disorders, and poor nutrition.

Our goals for each girl are to:

Understand her place in the community.

Have strong sense of identity.

Learn how to give and receive support in a group.

Learn to stand up for herself in a healthy manner.

Have an improved body image.

Complete a 5K run/walk event at Washington Park, Sunday November 14th

**Program runs Tuesdays and Thursdays 2:30-3:45,  
September 14-November 11**

**Cost \$145**

**Grades 3-6**

Go to [www.girlsontherundenver.org](http://www.girlsontherundenver.org) and [www.girlsontherun.org](http://www.girlsontherun.org) or email [dwo\\_sao@hotmail.com](mailto:dwo_sao@hotmail.com) or [dzharrington@msn.com](mailto:dzharrington@msn.com) to learn more about this program. Registration due Tuesday September 7<sup>th</sup>.