



# Girls on the Run is so much fun!

Girls on the Run is a program for girls in 3<sup>rd</sup> through 5<sup>th</sup> grade, designed to increase self-esteem, teach critical life skills and help girls develop positive friendships and make healthy choices.

**GOTR is so much more than running! No experience required!**

**Register Online from August 11<sup>th</sup> through August 27<sup>th</sup> (Further details below)**

**Practices begin week of September 4<sup>th</sup>**

**5K Celebration on Sunday, November 19<sup>th</sup> at Hersheypark**



- Learn about yourself!
- Learn to be a better friend!
- Become healthier!
- Become more confident!
- Enjoy running games!



**Location: Shaul Elementary**

**Meeting days: Monday and Wednesday**

**Times: 4:00 – 5:30 pm**

**PLEASE READ!** From August 28th, IF open spots remain on a team, registration will continue on a first-come, first-served basis until a team is full. No registrations will be accepted after September 18<sup>th</sup> at midnight.

\*IF more than 15 girls register for a team through August 27th, teams will be selected using a random lottery on August 28th. Some girls may be waitlisted. Waitlisted girls receive priority for the next GOTR season. Payment applied only when a girl is confirmed on a team.

*This program is not sponsored or endorsed by the school district. Distribution of this material does not constitute endorsement by the district.*



**Visit our website or call for details.**

**[www.capareagirlsontherun.org](http://www.capareagirlsontherun.org)  
(717) 763-4879**