

# Girls on the Run

Fall season begins the week of

## September 23

Girls on the Run is an afterschool program like no other! Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity and learn important social-emotional life skills. Trained coaches lead 3rd - 5th grade girls through interactive lessons and running activities. At the same time, they're also training for a 5k run in a creative, interactive and incredibly FUN way! Each team also completes a community impact project, demonstrating the power of kindness and caring. The season ends with a noncompetitive celebratory 5k event on Saturday, December 7, 2019 in Columbia, MD.



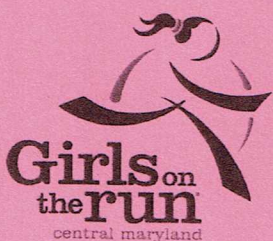
Register online starting *August 18*  
at [www.GOTRcentralmd.org](http://www.GOTRcentralmd.org)

## Program Fee\*: \$175

\*The total cost to deliver the program is \$200 per girl, but thanks to the generosity of local donors and corporate sponsors, we can provide the program for \$175. The fee covers all program costs including 20 lessons, an official program t-shirt, 5k race registration, a 5k t-shirt, a water bottle, and a 5k finisher's medal. For convenience, payment plans are available upon request.

Scholarships are available  
based on financial need.  
No girl is turned away!

The information is neither sponsored nor endorsed by HCPSS or the school.



Hey  
girls!

Join a club where it doesn't matter if you're fast or slow, just as long as you're having fun. At Girls on the Run, we play fun games and talk about things that are important to girls. Best of all, you'll make lots of friends who will like you just the way you are!