



Coming this fall to Polaris at Ebert!
Calling all 3rd- 5th grade girls. Come be a part of
the fun! Join us at Girls on the Run **Mondays and
Wednesdays 3:30-5:00pm
starting September 7!**

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, teen pregnancy, and poor nutrition.

What if I don't like to run?

We use the term "running" loosely - girls can run, hop, skip, speed walk or dance towards their goals. The lessons promote self-challenge instead of competition; self-worth instead of societal worth; and cooperation instead of rivalry.

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 in the community.

Online registration starts August 15.

Practices are twice a week for 75-90 minutes. Practice begins week of September 12th and runs through week of November 14th.

Go to www.girlsontherunrockies.org to learn more or register after August 15.