



**Spring Registration
Opens
January 25th @ 9am**

**Girls on the Run
3rd – 5th grades**

Due West Elementary School

**Meeting days and time:
Monday and Thursday, 2:45 –
4:15pm**

**Program season:
February 22, 2010 – May 6, 2010**

Program cost is \$160 per girl, includes race fee for end-of-season New Balance GOTR 5k on Saturday May 1st.

Register online at
www.girlsontherunatlanta.org

Program is limited to the first 16 girls to sign up and pay. Financial aid is available.

Coaches: Michelle Leuffgen, Mandy Pearce, and Maria Entsminger

**REGISTRATION Starts
1/25/2010 @ 9am**

How to Register:

- ◆ Go online to www.girlsontherunatlanta.org
- ◆ Click on the Register Now button
- ◆ Select the program location
- ◆ The Health Consent form is now online so be sure to have the following info available:
 - Child's Insurance information
 - Doctor's name and number
 - Dentist's name and number
 - Emergency contact and credit card information

More than a running program...

What is Girls on the Run?

- Professionally designed, award-winning program for girls in grades 3-5
- Running workouts and games that teach specific life skills such as how to make healthy decisions, resolve conflict and get along in a group
- After-school program that meets for 10 weeks, twice a week for 1.5 hours
- Culminates in an end-of-season 5k run/walk event

Our mission is to educate and prepare girls for a lifetime of self-respect and healthy living. Our program includes running workouts and games that teach specific life skills such as how to make healthy decisions, resolve conflict and get along in a group. For girls of all athletic abilities.

Thank you to the Atlanta Hawks Foundation, Community Foundation-Extra Wish, GoGirlGo!/Women's Sports Foundation, Atlanta Track Club Foundation, and our community partners: The Junior League of Atlanta, Phidippides, and West Stride for their generosity and support.

For more information contact us at: girlsontherunatlanta.org