

# Join Girls on the Run!

*Girls on the Run is a non-competitive, curriculum-based running program dedicated to educating and building confidence in girls.*



**Join the fun!** Girls in 3rd, 4th, and 5th grade are invited. You don't even have to love running.

**Learn about yourself!** Explore who you are and build your confidence.

**Get moving!** Play games that get you energized and build your fitness! Learn how nutrition impacts how you feel.

**Help your community!** Create a service project with your new friends and fun coaches.

**Share with your family!** Run, walk, skip or hop the Girls on the Run 5K together with your team on Saturday, May 9th in Golden Gate Park.

## SIGN UP TODAY!

*Enrollment is first come, first served*

- Complete registration online at the [Girls on the Run website](#). (available Jan 6, 2015)
- Maximum team size is 16 girls: team may fill before the registration deadline, February 11.
- Invite your friends to join the team too!

## Strandwood Team Details

DATES: Feb. 23-May 11, 2015

DAYS: Mondays & Fridays (plan to attend both days)

TIMES: 3:00-4:15pm

LOCATION: Strandwood school yard

COST: \$225 per season

SCHOLARSHIPS AVAILABLE: Yes

INCLUDES: 20 Lessons and entry to season ending Girls on the Run 5k , t-shirt and water bottle, healthy snacks.



Girls on the Run of the Bay Area  
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