



Girls on the Run/Heart & Sole is Coming to Your School This Spring!

All girls in 3rd through 8th grade are invited to come join us as we have fun learning and growing together. We will learn to honor our fabulously unique selves, our voices, our physical abilities, and our gifts. In doing so we will activate our individual power!

Girls on the Run (GOTR) is an after school program that uses the power of running to prepare girls for a lifetime of self-respect and healthy living. Through interactive activities, such as running, playing games, and discussing important issues, GOTR participants learn how to celebrate being pre-teen girls. The program focuses on building self-esteem and improving emotional and physical health. During the 10-week program, girls are empowered with a greater self-awareness, a sense of achievement, and a foundation in team building to help them become strong, contented, and self-confident young women.

Each session is led by trained, volunteer female coaches who guide and mentor girls through a fun and uplifting curriculum. Coaches teach specific life lessons such as dealing with body image and the media, resisting peer pressure, making healthy decisions and contributing to the community. Along the way, the girls train together to walk or run a 5K (3.1 mile) event.

In the end, the girls leave with a stronger sense of identity, a greater acceptance of themselves, a healthier body image, and an understanding of what it means to be a part of a team and a community. Most importantly, Girls on the Run is FUN!

School: Hotchkiss K8
Site Liaison: Amber Bayles
Practice Days/Times: Tuesday + Thursday 3:30 - 5
Practices Begin: After Feb. Break

Registration information will be sent home when classes resume after the holidays with **ONLINE REGISTRATION** (strongly encouraged) opening on January 20th. Paper registration forms can be picked up from the site liaison at the building.

Registration fee is \$55.00 (scholarships are readily available).

Group size is limited, so early registration is encouraged. Registration closes on February 10th or when the site fills, whichever happens first, so don't delay ☺

Volunteer Coaches Needed

Please contact (Site Liaison Name and Phone #) for more information.

www.gotrwesterncolorado.org