

## Program Registration

The 10-week Girls on the Run is offered twice a year – in the fall and in the spring.

Participants meet twice a week, usually after school, for approximately 75 – 90 minutes each practice.

Both seasons culminate with a 5k event where all Girls on the Run participants throughout the St. Louis region come together to celebrate girl power.



### Spring Registration

- The spring season begins the week of February 18 and concludes in mid-May.
- Program information is available at the schools/sites offering the program in early January for any girl in 3rd-8th grade interested in participating in the program.
- Registration will be open from January 28 (8:30 a.m.) through February 8 (11:59 p.m.)
- Late registration will be open Feb 11 through Feb. 15 (5 p.m.) ONLY for teams that are not full (additional \$25 fee)
- The 5k event is Saturday, May 11, 2013



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## Girls On The Run

St. Louis



## Girls on the Run

Welcome to Girls on the Run of St. Louis- a life changing, non-profit prevention program for girls in the 3rd through 8th grade.

Our mission: “We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.”

The 20-lesson Girls on the Run curriculum combines training for a 5k (3.1 miles) running event with lessons that inspire girls to become independent thinkers, enhance their problem solving skills and make healthy decisions. All of this is accomplished through an active collaboration with girls and their parents, schools, volunteers, staff and the community.

Girls on the Run of St. Louis is an Independent Council of Girls on the Run International, which has a network of 170+ locations across the United States and Canada.



## Running Buddy



Ready. Set. Go!

Lace up your sneakers, put on your GOTR gear and get ready for a 5k experience unlike any other.

The excitement in the air is palpable as the girls meet their teammates, get their pictures taken, chant “Girls on the Run is so much fun” and squeeze in a final energy award before heading to the starting line.

Your girl may want to hold your hand, skip, sprint or walk, and no matter what she chooses, you’ll be the support she needs along the course.

And at the end, when the finish line comes into sight, you will never forget the look on her face as she crosses and realizes that, indeed, she can accomplish anything she sets her mind to do. Ready to run? Take the first step today.

## Coaching

Girls on the Run St. Louis is a volunteer based organization. Our program would not be possible without the amazing volunteers who donate their time.

Volunteers provide invaluable support to help our organization grow and touch the lives of girls across the St. Louis Metropolitan area.



Volunteer coaches work directly with 3rd – 8th grade girls to deliver the Girls on the Run and Girls on Track programs.

Coaches lead the girls through fun and active lessons while helping them prepare for the Girls on the Run 5k run/walk at the end of the season. You can help educate and prepare girls for a lifetime of self-respect and healthy living!