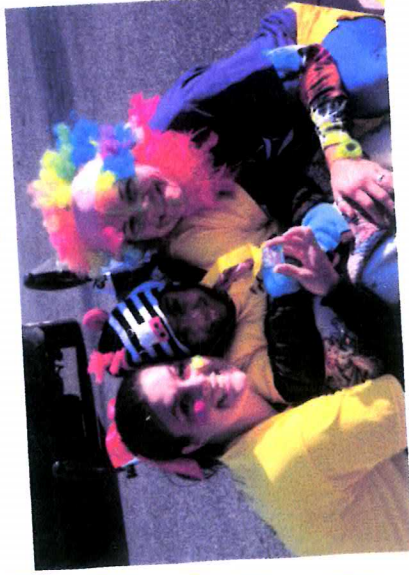


# Girls on the Run of Lancaster

Spring 2012 online registration begins February 1st



**Our Mission** is to inspire girls to be joyful, healthy and confident, using a fun, experience-based curriculum which creatively integrates running.

**What we do:** Each practice includes warm ups, running workouts and games that teaches important life skills and decision making strategies (topics include: listening, gossip, bullying, sportsmanship etc) in a creative, interactive, **fun** way! Practice prepares girls to participate in our May 19<sup>th</sup> 5k run/walk. ( 3.1 miles)

**How the program works:** Girls meet twice a week for one hour and 15 minutes each practice. The season starts the week of March 5<sup>th</sup> and ends on May 21<sup>st</sup> or 22<sup>nd</sup>.

Girls on the Run is for girls in 3-5<sup>th</sup> grades  
Girls on Track is for girls in 6<sup>th</sup>-8<sup>th</sup> grades

To register and for information regarding locations, fees etc. visit

[www.gotrlancaster.org](http://www.gotrlancaster.org)

