



## Girls on the Run at Kendrick Lakes! Registration is OPEN!

[www.girlsontherunrockies.org](http://www.girlsontherunrockies.org)!

Be a part of the fun...Join us at Girls on the Run!  
Meets on Mondays and Fridays from 3:00-4:30pm  
starting the week of March 6<sup>th</sup>.

### So... What is Girls on the Run?

Stretch yourself - physically, mentally, socially and emotionally. Girls will be inspired to a lifetime of self-respect and a healthy lifestyle through an innovative program that combines training for a 3.1 mile run/walk race with a fun, health education lesson plan. This program promotes individual achievement and self-confidence. Girls gain self-esteem and learn healthy lifestyle habits while training for a 5K run/walk race.

### What if I don't like to run?

We use the term "running" loosely - girls can run, hop, skip, speed walk or dance towards their goals. The lessons promote self-challenge instead of competition; self-worth instead of societal worth; and cooperation instead of rivalry.

## Registration is OPEN!

**Fee: \$95 (Includes 20 practices, 5K entry and t-shirt)**

Go to [www.girlsontherunrockies.org](http://www.girlsontherunrockies.org).

1. Click on 'Registration Open' white box.
2. Find and select your specific school name in the drop down box.
3. This will lead you through registration. You will receive a confirmation email  
This means your registration is complete! (Your payment will be charged by Raceplanner.)

- Contact Karol Steeves, site coordinator, at [karolsco@msn.com](mailto:karolsco@msn.com) if you have any questions.

Go to [www.girlsontherunrockies.org](http://www.girlsontherunrockies.org) and [www.girlsontherun.org](http://www.girlsontherun.org)  
to learn more about this program.