

Girls on the Run® - SPRING PROGRAM



Girls on the Run® is a life-changing, character development program for girls in 3rd through 8th grade.

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

We use the power of running to provide girls with the tools to: Celebrate their bodies Honor their voices Recognize their gifts, and Activate their personal power Girls on the Run® combines training for a 5k (3.1 miles) event with healthy living education. We use exercise, positive reinforcement, and encouraging role models to help girls discover the confidence they need in those critical pre-teen years and beyond.

Registration opens: February 1st

Program starts the week of March 18th

5K EVENT on June 8th in Concord, NH

~ **SPRING SESSION** ~

Riddle Brook School: Mon/Wed, 2:30-4 PM

Peter Woodbury School: Mon/Th, 3:30-5 PM

Memorial School: Wed/Fri, 2:30-4 PM

To Register for this program by visiting GOTR website: www.girlsontherunnh.org

COST: \$129 per girl (10 weeks)

SPACE IS LIMITED to 15 girls per team - First-come, First-served.

SPONSORED BY: BEDFORD PARKS & RECREATION DEPARTMENT