

BECOME A GIRL N THE RUN!



Woodside Team

DAYS & TIMES:

Tuesdays 4:00-5:30pm & Saturdays 2:00-3:30pm
(plan to attend both days each week)

DATES: March 3-May 23 (no practice on spring break)

LOCATION: meet at home of Coach Caroline
(Woodside parent), run on local trails

COST: \$300, sliding scale available

INCLUDES: 20 Lessons, t-shirt and water bottle,
healthy snacks, and entry to season-ending Girls on
the Run 5K on May 30

Team size limited – sign up by 2/15
May fill before deadline

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

If you're in 3rd, 4th or 5th grade, you're invited to join us. And so are all of your friends. You're sure to have fun, even if you don't love running

With Girls on the Run You'll:

- Make new friends, and become closer to old friends!
- Learn how to eat well to feel good about YOU.
- Take part in games that help you feel positive and excited about tomorrow.
- Do things you never thought you could do—like run (or skip or walk) a 5K.



Enroll today:
www.gotr bayarea.org

