



# GIRLS ON THE RUN

## Coming to Springer Elementary School!

The two words that best describe Girls on the Run are “FUN” and “RUN.”

Every aspect of this program is geared toward helping girls feel good about who they are - physically, emotionally and socially. We are excited to offer this great program to the 3<sup>rd</sup>-6<sup>th</sup> grade girls at Springer School this coming spring!

Girls on the Run will meet on Wednesdays and Fridays from 3:00-4:20pm for 10 weeks beginning the week of March 5<sup>th</sup>. The girls will train at the school twice weekly for a 5k run/walk event to be held on Saturday, May 19<sup>th</sup> in Vasona Park, Los Gatos. Registration will be ONLINE ONLY and will open on THURSDAY, DECEMBER 1<sup>st</sup> at 7:00am. Space is limited and girls will be registered on a first come/first serve basis. Once a program is full, you will have the option of being added to a waitlist. There is no mail in or phone registration option. Registration information will be available on our website in November if you have questions about the process. Scholarships are available.

For more information, please visit our website at [www.gotrsv.org](http://www.gotrsv.org) or contact Ginger Case, [g.case@comcast.net](mailto:g.case@comcast.net), or Karey Gutierrez, [kareytg@gmail.com](mailto:kareytg@gmail.com), the head coaches at Springer School.

We hope to see your girls out on the field this spring!

### Girls on the Run®

- interactive learning program for 3rd-6th grade girls
- innovative curriculum designed exclusively for preteens
- includes running workouts and games to teach important skills, such as how to make healthy decisions and resolve conflicts
- prepares girls for a 5k (3.1 mile) run/walk event
- challenges and encourages girls, whatever their fitness level
- provides positive peer group experiences and role models for healthy living

### Our goal for each girl

- have a stronger sense of identity
- learn the advantages of peer group support
- learn to stand up for herself in a healthy manner
- have an improved body image
- understand her ability to impact her community
- complete the Girls on the Run 5k (3.1 mile) run/walk event on May 19<sup>th</sup>, 2012

**Online Registration begins at 7:00am on December 1, 2011!**

Spring programs run March 5<sup>th</sup> – May 19<sup>th</sup>, 2012

**[www.gotrsv.org](http://www.gotrsv.org)**