



Girls on the run

learn • dream • live • run

WHAT IS GIRLS ON THE RUN?

- ◆ A 10-week after school program that uses the power of running to help prepare girls for a lifetime of self-respect and healthy living.
- ◆ It's a place where participants learn how to celebrate being themselves by building self-esteem and improving emotional and physical health.
 - ◆ Each session is led by trained coaches who guide and mentor girls through a fun and uplifting curriculum. Along the way, the girls train together to walk or run a 5K.

Registration for the fall 2017 season will open online at 8am on Saturday, August 12th.

Practices will begin the week of September 11th with the final 5k on November 4th at Children's Mercy Park.

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