



Girls on the Run is a unique program for 8 to 13 year-old girls. We teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a 5k running event. The goal of the program is to instill confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

Our Program

is offered afterschool 2 days per week. Volunteer coaches guide and encourage girls through the Girls on the Run curriculum that is designed to allow every girl to recognize her inner strength. Throughout the season the girls make new friends, build their inner confidence and celebrate all that makes them unique. Girls of all fitness levels are encouraged to participate.

Spring Program March 24 - June 8, 2014

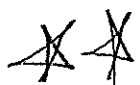
5k Race Date: June 8th, 2014 / 9:30 am

Program Fee

\$150 registration fee

Full and partial financial aid available to qualifying families

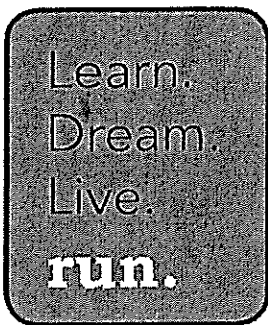
Blue Cross Blue Shield Wellness Benefit & Independent Health Flex Fit Family or personal Best Debit Cards Accepted



Register

www.getrbuffalo.org

Registration begins February 26th - 7am sharp!



SCHOOL: Veronica Connor Middle School

GRADES: 6-8

DAY(S): Tuesday & Thursday

TIME: 2:25 - 3:50 Meet in room 164.

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