

Girls on the Run of Lancaster

Spring 2012 online registration begins February 1st



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

What we do: Each practice includes warm ups, running workouts and games that teaches important life skills and decision making strategies (topics include: listening, gossip, bullying, sportsmanship etc) in a creative, interactive, **fun** way! Practice prepares girls to participate in our May 19th 5k run/walk. (3.1 miles)

How the program works: Girls meet twice a week for one hour and 15 minutes each practice. The season starts the week of March 5th and ends on May 21st or 22nd.

Girls on the Run is for girls in 3-5th grades
Girls on Track is for girls in 6th-8th grades

To register and for information regarding locations, fees etc. visit
www.gotrlancaster.org

