



Girls on the Run is for **EVERY** girl.



Girls on the Run is an afterschool program like no other! Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3 - 5 grade girls through interactive lessons and running activities.

The season ends with a noncompetitive 5K event.

Why it matters

IT'S FUN. IT'S EFFECTIVE.



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Health Impact of a 2014 intervention study conducted by Princeton High School-based report. Madden K. 2016. 9/12

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

Registration Opens: August 1st, 2018
Program Starts: The week of Labor Day, Tues/Fri 3:00-4:30 pm
Program Location: St. Margaret Mary School
Financial Assistance is Available
Contact: Coach Anne Atkinson, (717) 652-8261
Hersheypark 5K on Nov. 18th | 8:00 am

LEARN MORE AND REGISTER TODAY AT CAPAREGIRLSONTHERUN.ORG. 717.763.4879



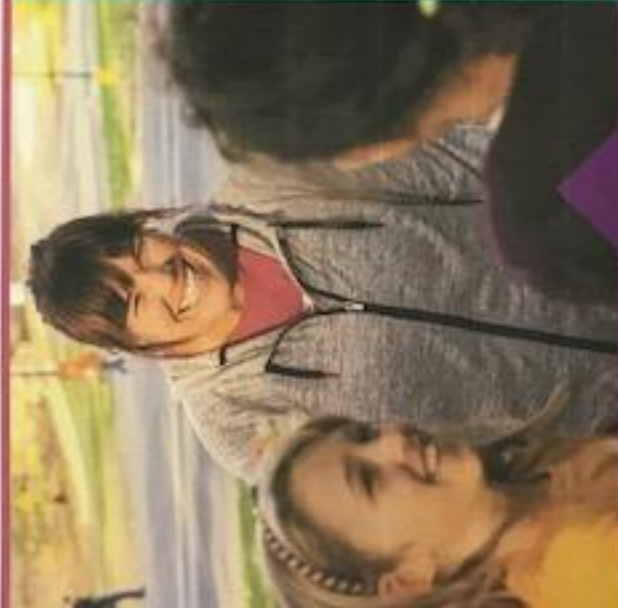
**LIFE COMES AT
GIRLS FAST.
HELP THEM FIND
THEIR PACE.**

Girls on the Run is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



You can make a positive impact as a coach.

Check out our website capareagirisontherun.org and contact sarah@capareagirisontherun.org for more information.
STMMS Contact: Coach Anne Atkinson, (717)652-8261



A GOTR COACH...

- ☆ Believes in the inherent power within every girl
- ☆ Wants to leave a lasting impact on the lives of girls and the community
- ☆ Will receive training and support along the way
- ☆ Doesn't have to be a runner
- ☆ Has a desire to help girls learn, grow and have fun
- ☆ Can be YOU!

"I am grateful to see first-hand how much of an impact this program has on girls. It not only unites girls of different backgrounds, but it also teaches them how to respect and accept each girl—and themselves—for who she is."

- Coach Erin