



# 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 of all abilities will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd-5th 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.**

- 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.
- **Team registration opens August 8th!**

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\*



Results are based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D

**Team Information:** W.W. Evans Elementary

**Practice Days:** Mon. & Wed. 3:30-5:00pm

**5K Celebration:** November 19, 2022 at The Miller Center, Lewisburg

**Coach Contact:** Libby Barnett- [ebarnett@bloomsd.k12.pa.us](mailto:ebarnett@bloomsd.k12.pa.us)

**We offer financial assistance with no questions asked! Just shoot us an email: [rachael@capareagirlsontherun.org](mailto:rachael@capareagirlsontherun.org)**



SCAN ME

Contact [rachael@capareagirlsontherun.org](mailto:rachael@capareagirlsontherun.org) with questions. Visit our website [capareagirlsontherun.org](http://capareagirlsontherun.org) for more information about Girls on the Run and the impact you will make!