



Girls on the Run coming to James Clark spring 2020!

Girls on the Run (GOTR) is a unique 10 week (twice weekly) after-school program led by trained coaches who lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the ten-week program, girls in 3-4th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Each season culminates with a Girls on the Run 5K event. This celebratory, non-competitive event provides girls with a sense of accomplishment and instills the value of goal setting at a young age.

GOTR encourages girls to recognize their individual strengths and celebrate connections with others. Each season, girls gain a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships and how they can have a positive impact on the world. Physical activity is woven into the program to inspire an appreciation for fitness and healthy habits and teach life skills including treating others with care, practicing gratitude and managing emotions.

All girls are welcome - nobody needs to be a runner. Each team will have a minimum of 2 coaches. Teams are 8-15 girls. For more specifics about the curriculum or to register to coach please visit www.girlsontherunwesternma.org.

When: Tuesdays and Thursdays from 3:30-5pm. Practices will start the week of March 9th and continue for 10 weeks ending with our own GOTR 5K on May 31st at U Mass.

Registration will open January 13th on our website. **Partial and full financial aid is available when you register. We offer a sliding scale so all girls can participate. No girl is turned away.** The cost for the 20 sessions is \$5-\$150, with a sliding scale, which includes snack, t-shirt, run registration and sneakers (if needed). Girls are selected by lottery. If you do not have access to a computer please let us know and we will assist with registration.

Looking for more information? Please contact Alison Berman, alison.berman@girlsontherun.org 413 687-2726.