

Girls on the Run of Los Angeles County



We educate and prepare girls for a lifetime of self-respect and healthy living.

Spring 2010 Registration

**Season: February 22nd
Through May 21st**

Culminating 5k Run/Walk on
Sunday, May 16th

Program fees of \$150 include:

- * Lessons conducted by certified GOTR coaches
- * GOTR water bottle
- * GOTR T-shirt
- * Registration for the culminating 5k event
- * 5k event finishers medal
- * An end-of-the-season recognition and celebration event

No girl is turned away because of inability to pay.

FINANCIAL ASSISTANCE IS AVAILABLE

For more information, contact Noemy at
626.590.4770 or noemy@gotrlosangeles.org

What Is Girls on the Run?

Girls on the Run is an after school fitness and empowerment program for girls in 3rd - 8th grades. The session combines training for a 5k (3.1 mile) non-competitive run/walk with an interactive curriculum to encourage positive emotional, social, mental, and physical development. Girls meet twice a week after school for 12 weeks. Trained coaches lead structured, fun lessons that combine discussion and activities. The program is for every girl, regardless of fitness level, size or shape.

More at:
www.gotrlosangeles.org

"When I'm running it makes me feel good because I'm letting things that are in my head out. When you want to talk about something important you can tell the coaches. I learned that I'm happy the way I am and the way I look."

- J.G. at Luther Burbank