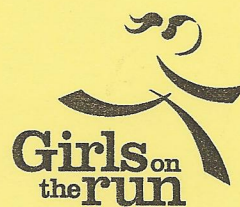


Sign up for FUN!



What is it?

A great way for you to hang out with your friends, be active and learn new and important things about yourself!

Who is it for?

You, if you are a girl in 3rd-8th grade.

You, if you like to have fun, play running games and challenge yourself.

You, even if you have never run before!

You may wonder...

Do I already have to be a runner? **No!**

What if I don't know any of the other girls? **That's ok, you'll quickly get to know your teammates!**

As a member of Girls on the Run you'll get:

- A colorful t-shirt
- A water bottle
- Great snacks at meetings
- To run with your friends in a real 5K
- A 5K goody bag



Check out our website: www.gotrchicago.org



How to sign up:

Have your Mom or Dad contact Laurie (see below)

Program meeting days and times (rain or shine!):

Mondays & Thursdays 3:00 p.m.-4:30 p.m. Dates: 2/24/14-5/29/14 5k is 5/10/14

Meeting place:

Mrs. Johnke's Classroom--Room # 112

Program fee:

\$175.00

Start date:

*Scholarships are available and can be applied for when registering for the program.

Monday, February 24th, 2014

For more information contact:

Laurie Thomas-Garbato (703)297-0909 or wgarbato@att.net

☐

YES! I am interested

Name _____

Grade _____

Room # _____

()
Phone # _____



Girls on the Run--Chicago is a 501(c)(3) non-profit organization whose mission is to inspire girls to be joyful, healthy and confident. Using a fun, experience-based curriculum which creatively integrates running, the innovative program combines training for a 5k event with interactive lessons that encourage positive social, emotional, mental and physical development.

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