



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 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.



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

Join the Hawthorne Team!

Spring Season Begins March 5th!

Practices: Mon/Wed, 3:00-4:30pm

Registration opens: January 16, 2018

Cost: \$20 per girl

Celebration 5k: Saturday, June 2, 2018

The Everett School District does not sponsor or endorse the activity and/or information contained in this material.

Learn more and register today at:
GirlsOnTheRunSnoCo.org