



GIRLS ON TRACK

2010



What is it?

Girls on the Run is a structured program that incorporates training for a 5k event as a means to teach essential life skills to 3rd-5th grade girls. GIRLS ON TRACK is the program for 6th-8th grade girls.

What will we be doing?

Each practice consists of a curriculum component that helps to develop the emotional, mental, social, spiritual and physical parts of the individual girl. It encourages independent thinking, problem solving and community building.

Along with this, we will be stretching and running and preparing ourselves for the final 5k race.

When is it?

We will be meeting Tuesdays and Thursdays, 3:45-5:15 pm at Haynes Bridge. Sometimes our practices will take us to the Green Belt; sometimes we will be practicing on our track. If it rains, we will be in the gym.

START DATE: SEPTEMBER 14

FINAL RUN: NOVEMBER 14

What to bring?

Girls will be expected to be prepared to RUN! They should bring appropriate clothes, good shoes and a water bottle. A quick snack is also suggested.

A permission slip is required (see attached).

Is there a cost?

There is a \$160 fee for Girls on the Run. This includes a t-shirt, water bottle, final 5k fee. (There is a sliding scale for those needing financial support.)

How do I register?

REGISTRATION DUE: **SEPT. 10**

Registration is done on-line: www.girlsontherunatlanta.org

Coaches: Mrs. J. Schultz, Mrs. D. Stephenson
Contact: Mrs. C. Martinez martinezc@fultonschools.org