



REGISTRATION IS OPEN!!

www.girlsontherunrockies.org



Girls on the Run is a place where all girls can be themselves. We stretch ourselves physically, mentally, socially and emotionally. We have an innovative program that combines training for a 3.1 mile run/walk race with a fun, health education lesson plan. This program promotes individual achievement and self-confidence. Girls gain self-esteem and learn healthy lifestyle habits while training for a 5k run/walk race. Open to girls in 3rd, 4th and 5th grades.

What if I don't like to run?

That's ok! We use the term "running" loosely and want girls to just be themselves and have fun. Girls can run, hop, skip, speed walk or dance towards their goals. The lessons promote self-challenge instead of competition; self-worth instead of societal worth and cooperation instead of rivalry.



REGISTRATION OPENS ONLINE FEBRUARY 5th!

Open to girls in 3rd, 4th and 5th grades. Practice meets at DCS Montessori every Tuesday and Thursday from 3:20-4:50 p.m. between the weeks of March 5th and May 18th.

Fee: \$170 (includes all practices, 5k entry and a t-shirt!)

- Go to www.girlsontherunrockies.org.
- Click on "Registration Open".
- Find and select your school name in the dropdown box.
- Complete the registration. Check your email for a registration confirmation email. This means registration is complete!

**CONTACT JAIMY VOIGTS FOR MORE INFORMATION. 720-271-9387 -
JAIMY.VOIGTS@GMAIL.COM**

