



# Join **Girls on the Run** at Cordill-Mason Elementary

Girls on the Run is an afterschool program for 3<sup>rd</sup>-5<sup>th</sup> grade girls that creatively incorporates running with lessons focused on developing essential life skills such as teamwork, confidence, healthy habits, community service and more. Lessons are taught by trained coaches and include running, playing games and discussing important issues. The season ends with the celebratory Girls on the Run 5k!

**Season begins:**

**September 13<sup>th</sup>** (runs through November 19<sup>th</sup>)

**Location:**

**Cordill Mason Elementary**

(4<sup>th</sup> grade Commons Area & CME Cougar Track & Pavilion)

**Meeting days and times:**

**Tuesdays & Thursdays (4:10 – 5:30 p.m.)**



## What's included in the \$165 registration fee?

- \* 20 lessons of the Girls on the Run national-recognized curriculum conducted by specially-trained coaches
- \* An official Girls on the Run program t-shirt
- \* A healthy snack at each practice
- \* Entry fee for the Girls on the Run 5k
- \* A Girls on the Run 5k water bottle
- \* A 5k finisher's medal

*Financial assistant available upon request through GOTR.*



For registration or more information:

**[www.gotrkc.org](http://www.gotrkc.org)**

Questions? Contact Tricia Morack @

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