

Empowering.

Inspiring.

Life-Changing.



Girls on the Run is all of this and more, and it's coming to your school! To register your daughter or loved one for the Fall 2012 season, visit www.capareagirlsontherun.org/register

- We inspire girls to be joyful, healthy, and confident. Our fun curriculum creatively integrates running to inspire a lifetime of healthy habits and self-respect in pre-teen girls.
- Lessons provide girls with the tools to make positive decisions and avoid risky behaviors.
- Each participant receives:
 - An academically-evaluated curriculum
 - Trained and CPR-certified coaches
 - 5K registration and t-shirt
 - Season t-shirt
 - Completion medal
 - Confidence, fun, and friendships!
- The Fall 2012 season begins the week of September 17th. Sessions are held twice a week for 90 minutes after school. Check our website for your school's days and time.
- Teams are limited to 15 girls and are formed on a first-come, first-served basis.
- The season culminates with the Arthritis Foundation's Jingle Bell Run/Walk on December 8th.



Finances should NEVER prevent a girl from registering! We offer financial assistance and scholarships. Each family is asked to contribute as much as they can toward the actual cost of participation, which is \$150 per girl.

If you have questions or cannot register online, please contact us:

Brandi Berwager, Council Director
brandi@capareagirlsontherun.org or (717) 487-6466



Like us on Facebook. Search Capital Area Girls on the Run.