



# Girls on the Run is for **EVERY** girl.

**Registration is OPEN**

**Register your girl for the Wilbraham-INPERSON- team.**

[www.girlsontherunwesternma.org](http://www.girlsontherunwesternma.org)

**Smaller teams and space is limited!**

Girls will have fun, make friends, increase their physical activity and learn important life skills.



## Girls on the Run Western MA!

Right now, **youth need Girls on the Run more than ever.**

Our adapted program is **safe** and **flexible** for our community so that girls can **connect** with their peers and keep learning how to **practice empathy**, **stand up for themselves and others**, and more!

We are excited to have the flexibility to seamlessly **transition** between **in-person and virtual** practices as needed. **In-person meetings include new health and physical distancing precautions.**

## For Your Girl!

- We offer a unique program for girls:  
**Girls on the Run** (3<sup>rd</sup>- 5<sup>th</sup> grades)
- 8 week program- Sept. 14th through Nov. 14th
- Fee Includes:
  - 16 lessons with trained coaches
  - Curriculum and individual materials/bag
  - Program T-shirt
  - 5K Registration fee
- Whether in-person or virtually, coaches guide girls through research-based life skills curriculum teaching **life skills** and **promoting holistic health outcomes** for girls.

### Program LOCATION:

### SPEC POND REC COMPLEX

Starting the week of September 14<sup>th</sup> and ending the weekend of November 14<sup>th</sup>.

**Mon/Wed 3:30-5**

Registration fee: \$150

**We offer a sliding scale from \$10-\$150**

*We have never turned a girl away based on her inability to pay the registration fee.*

Learn more, apply to coach and REGISTER at [www.girlsontherunwesternma.org](http://www.girlsontherunwesternma.org)

Questions or interested in coaching? Please contact [molly.hoyt@girlsontherun.org](mailto:molly.hoyt@girlsontherun.org)