



Girls on the Run Kick-Off Event!

Join us for a chicken noodle soup supper at the Burnside Cafeteria to learn about the Girls on the Run and Girls on Track Programs for 2012!

5:30pm Tuesday January 31

GIRLS ON THE RUN OF BLUFF COUNTRY – GRADES 3-5 GIRLS ON TRACK GRADES --- 6 & 7

We inspire girls to be joyful, healthy and confident using a fun, experienced-based curriculum which creatively integrates running. Girls train for a 5K run while learning valuable skills from the well-researched and updated Girls on the Run curriculum. Topics include physical and emotional health, the importance of gratitude, recognizing and dealing with bullying and more. These tools will help the participant navigate adolescence in a healthy way. The program fee of \$99 includes a program t-shirt, a snack at each meeting, a follow-along guide for parents or caregivers that includes a 5K training plan for families, entry for the participant in the New Balance Girls on the Run 5K on Saturday, May 19 and a celebration banquet the week of May 21.

COME TO THE KICKOFF EVENT on January 31, 5:30 pm at the Burnside School Cafeteria. Learn about the program and enjoy a light meal together. (For interested girls and families)



ATHLETA



Thank you to our National Sponsors for their support of Girls on the Run