

Girl Power Running Program - Begins Monday, April 22

This is a **FREE** parent run program. The purpose of this program is to provide a: low pressure, confidence and self esteem building activity that encourages girls to work towards a goal, push themselves at a healthy pace and comfort level while supporting one another and participating in an outdoor, good for your body and soul activity. Each week a woman that embodies "girl power" will join us. We try to have women from a wide range of professions join us to demonstrate to our girls their limitless options. We will start with a walk/jog, everyone go at their own pace, one mile loop and slowly increase our mileage with the end goal being to participate (if your child wants) in the Milton Road Race 3 mile run on Tuesday, June 11.

WHO: Elementary school aged girls

WHEN and WHERE: The program will meet in the Cunningham Park tennis courts on Mondays beginning Monday, April 22 through June 10th. We will meet at 3:45 for sign in followed by our guest speaker, warm ups, run and cool down meeting. Each session lasts roughly an hour.

IMPORTANT REMINDERS:

***This is NOT A DROP OFF** program. Each girl is required to be accompanied by an adult, often times one adult will be responsible for more than one girl but again it is NOT drop off. **The program relies on parent and caregiver volunteers to stand at designated spots along our route for safety purposes.** Some of the parents choose to run with their child but again whether the accompanying adult is running, volunteering or cheering (all very important aspects of the program) I ask that they stay throughout the session.

*each girl should **BRING A WATER BOTTLE** with their name written on it to be left in the tennis courts for post run hydration

*and as much as I love dogs, due to safety and liability reasons there are **NO DOGS** allowed in the tennis courts and **NO DOGS** allowed to run with the group

REGISTRATION:

There is no formal registration however each girl **MUST have a WAIVER FILLED OUT AND SIGNED** including an emergency contact number prior to running (I will have waivers with me each week)

Questions?! Email Heather at smithbergin@msn.com