

Girl Power Running Program - Starts Next Week!

This is a FREE (parent run) program. The purpose of this program is to provide a: come when you can, 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. Occasionally we will have a woman that embodies "girl power" join us. We try to have women from a wide range of professions 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 Monster Dash on Sunday, October 27.

WHO:

Elementary school aged girls

WHEN and WHERE:

The program will meet at the Cunningham Park tennis courts on Mondays beginning Monday, September 9. We will meet at 3:45 for sign in and warm ups prior to our run.

MONDAYS, September 9

September 16

September 23

September 30

October 7

October 14- NO Girl Power

October 21

Monster Dash, Sunday, October 27

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 adults run with their girl but you do not need to be a runner! Again I will need volunteer help along the course.

*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