

Girl Power Running Program

This is a **FREE** (parent run) program due to the generosity of Cunningham Park in sharing their space and thanks to a grant from Beth Israel Deaconess/Milton Hospital. 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 at their own pace and comfort level while supporting one another. Each week a woman that embodies "girl power" will visit to share how she set a goal, worked hard and did her best. 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 on Tuesday, June 12.

WHO:

Elementary school aged girls

WHEN and WHERE:

The program will meet at the Cunningham Park tennis courts on Mondays beginning Monday, April 23rd. We will meet at 3:45 for sign in and warm ups prior to our run.

MONDAYS April 23, April 30, May 7, May 14, May 21, May 28-NO Girl Power, June 4, June 11
RACE DAY TUESDAY, June 12 at 6:30

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