



Girls on the Run is coming to Blueberry Hill this fall!

Girls on the Run is a unique 10 week (twice weekly) after-school program led by trained coaches that guides girls through a fun, uplifting, and proven curriculum. Through dynamic conversation-based lessons and active games, coaches teach and model essential healthy living skills. Some of the themes include making good friends, working in a group, resisting peer pressure, making healthy decisions, and contributing to the community. Along the way, the girls train together to walk or run in a 5K (3.1 mile) celebratory event with girls from other Western MA GOTR programs.

All girls in grades 3-5 are welcome - nobody needs to be a runner. Each team will have at least one head coach and one assistant coach. Teams are 8-15 girls. For more specifics about the curriculum please visit www.girlsontherunwesternma.org. You can also visit our Facebook page at www.facebook.com/girlsontherun.org to see pictures from our spring season.

We are still recruiting volunteer coaches for this fall season. If you are interested in a volunteer coaching role please contact Molly Hoyt (see information below).

When: Beginning **the week of September 12th, on Tuesdays and Thursdays** from 3-4:45 and will continue for 10 weeks ending with our own GOTR 5K on November 20th at Smith College.

Registration opens on Wednesday, June 15th on our website, www.girlsontherunwesternma.org, and teams will be selected by lottery. The cost for the 20 sessions is \$150 which includes snack, t-shirt and race registration. **Partial and full financial aid is available when you register.** If you do not have access to computer please let us know and we will assist with registration.

For any questions or more information please contact Molly Hoyt, GOTR Program Director, molly.hoyt@girlsontherun.org, (413) 320-1845.