



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

Girls on the Run (GOTR) is a unique 10 week (twice weekly) after-school program led by trained coaches who lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the ten-week program, girls in 3rd-5th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Each season culminates with a Girls on the Run 5K event with girls from all other GOTR WMA programs. This celebratory, non-competitive event provides girls with a sense of accomplishment and instills the value of goal setting at a young age.

GOTR encourages girls to recognize their individual strengths and celebrate connections with others. Each season, girls gain a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships and how they can have a positive impact on the world. Physical activity is woven into the program to inspire an appreciation for fitness and healthy habits and teach life skills including treating others with care, practicing gratitude and managing emotions.

All girls in grades 3-5 are welcome - nobody needs to be a runner. Each team will have at least 2 coaches. 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/girlsontherunwesternmassachusetts to see pictures from our fall season.

When: Beginning **the week of March 12th, on Tuesdays and Thursdays**, and will continue for 10 weeks ending with our own GOTR 5K in June.

Registration will open January 31st on our website, 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.** We offer a sliding scale so all girls can participate. 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.