



We inspire girls to be *joyful healthy and confident* using a fun, experienced-based curriculum which creatively integrates running.

what we do

- ⊕ Inspire girls to recognize their inner strength & celebrate what makes them one of a kind.
- ⊕ Trained coaches lead girls through our curricula which includes discussions, activities & running games.
- ⊕ Girls in 3rd-6th grade develop essential life skills over the course of 10 weeks.
- ⊕ The program ends with girls completing a service project & being prepared to complete a 5K event.

What's included in the \$165 registration fee?

- Twenty 90-minute lessons of the Girls on the Run nationally-recognized curriculum conducted by specially trained coaches
- A healthy snack at each practice
- An official Girls on the Run program t-shirt
- A Girls on the Run water bottle
- Entry fee for the Girls on the Run 5K
- A 5K finisher's medal
- A lifetime appreciation for health and fitness



Online registration opens at 8 a.m. on Saturday, February 3 at www.gotrkc.org. Our season begins the week of February 26 and concludes on May 11. Mark your calendar for the celebratory Girls on the Run 5K on Saturday, May 5 at Children's Mercy Park.

NEW! Register early for the opportunity to enroll in our 3-month payment plan! To learn more, email coaches@gotrkc.org. For details about our spring season, visit www.gotrkc.org. Financial assistance available upon request.

Team: Underwood Elementary Girls on the Run

Practice Days/Times: Tuesday's and Thursday's February 27th-May 10th, 2018 4:00-5:30 p.m.