

Girls on the Run is for

EVERY

girl



WHAT is Girls on the Run?

At Girls on the Run, we inspire girls to recognize your inner strength and celebrate what makes you one of a kind. Trained coaches lead teams through activities, discussions and fun running games that gives you the opportunity to build confidence and healthy habits. Each week, you will also take part in training and activities that will help build endurance for a celebratory 5k running event. You'll learn how to make great friendships, how to celebrate all that makes you unique, and so much more! Girls on the Run is **SO MUCH FUN!**

WHAT will Girls on the Run look like this fall?

- Girls will meet twice a week for 75 minutes, for 8 weeks. We are currently planning to meet in person at AugPrep Athletics wing and field. If we need to switch to meet virtually, the girls will still connect online with a coach-live-for 45 minutes twice a week on the same days and times as in-person would have been.
- All girls will receive a reusable GOTR water bottle, t-shirt, journal, and finisher's medal!
- The safety of our girls and coaches is our top priority. If teams meet in person, all girls will receive individual supplies (not shared) and a face mask.
- If we must meet virtually, we will get girls moving in a fun and engaging way. Girls will be encouraged to complete physical activities between practices.
- We are hoping and planning to have a 5k run for the girls to accomplish together., but will have to be flexible depending on what the rules and regulations are in November-stay tuned!

Our sliding scale ensures that all Girls on the Run is financially accessible to all girls! Please e-mail Ms. Wager at swager@augprep.org if you feel unable to pay the minimum \$20 fee.

<https://www.girlsontherunsoutheasternwi.org/Program-Registration>

WHO can join?

Girls in 3rd, 4th and 5th grades enrolled at AugPrep

WHEN do we meet?

Every Tuesday and Thursday for 8 weeks after school for 75 minutes with your team. The program is held at the school and is led by trained coaches.

HOW do I join?

Registration opens Monday, August 17th. Parents must go to this website to register:

<https://www.girlsontherunsoutheasternwi.org/Program-Registration>

Limited spots available. Lottery drawing if more athletes apply than spaces available.

There will be NO paper registrations or cash payments accepted this year. All payments must be paid through the online registration system.

Location of practices: AugPrep

Start Date: Tues, Sept. 15th

End Date: Thurs, Nov. 5th

Race Date: TBD

Practice Days: Tuesdays & Thursdays

Practice Times: 3:45pm-5:00pm