



Register Your Girl for Girls on the Run! Now at Archer Glen!

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Girls on the Run is a life-changing, after-school program for girls in 3rd-5th grade. Our mission is to inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. The 20-lesson Girls on the Run curriculum combines training for a 5k (3.1 miles) running event with lessons that inspire girls to become independent thinkers, to enhance their problem-solving skills, and to make healthy decisions.

*Sign Up Your Girl!

- **Practice Days:** Monday and Wednesday 2:30pm to 4:00pm. On Wednesday when A.G. has early release we will have practice from 12:30pm to 2:00pm. This is an after-school program.
- **Registration Dates:** Registration opens on Saturday January 13th at 8:00am. **Most teams will fill up FAST, within a few hours or days.** To ensure your spot, mark your calendar. Once a team fills, girls may register for the team's waiting list. When spots open, they are offered to girls in the order in which they registered for the waiting list.
- **How to Register:** Sign your girl up at www.girlsontherunpdx.org
- **Key Dates:**
 - Season begins on March 5th
 - Girls on the Run 5k: Saturday, May 19
 - Last practice will be on May 21
- **Cost for 10-week program:** \$190.00—Generous scholarships available!
 - Some districts charge a high facility use fee. At those sites, an additional ~\$10 will be added to cover costs.
- **Questions?** Contact Marianne Walters at marianne.walters@girlsontherun.org or Emily Montgomery at emilyamontgomery@gmail.com

