



Girls on the Run! Penacook, Fall 2017

*We believe that every girl is inherently
full of power and potential.
As the leaders of their lives, these are the
girls that will change the world.*

About Girls on the Run

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained volunteer coaches use our research-based curricula to teach foundational lessons through dynamic discussions, activities and running games. Over the course of the ten-week program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Our program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.

The 10-week program is for girls in 3rd, 4th and 5th grades
of all fitness abilities.

Practice Times: Mondays & Wednesdays, 3-4:45 pm

Start Date: 9/6/17

Location: Penacook Elementary

5K Celebration Event: November 18th

Program Fee: \$129 (Financial assistance is available!)

Online lottery registration opens on August 1, 2017.

To learn more about Girls on the Run, financial assistance,
or registration, visit:

<https://www.girlsontherunnh.org/>