



JOIN GIRLS ON THE RUN!

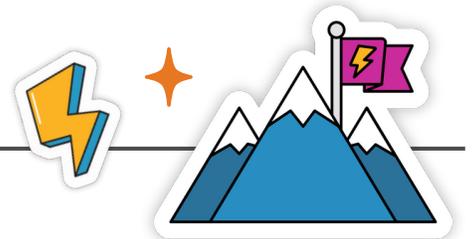


# Hello, MOUNTAIN MOVER!

Girls on the Run features lessons focused on what matters most to your girl. This season, she will build the confidence to do hard things. How? By developing powerful tools to help her believe in herself, then applying these tools to take on challenges alongside her team. For girls in 3rd-5th grade.

**Girls on  
the run®**

GIRLS LEARN HOW TO...



Discover their I Can! Power — the power to do hard things

Manage and move through difficult emotions

Use stick-with-it strategies to help them overcome obstacles

Proudly breathe, believe, and achieve their goals

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Registration Opens: 8/12  
Program Starts: 9/4  
5K: 11/2  
Program Fee: \$115  
Financial Assistance is available  
Locations:  
Alturas- T/Th 2:23-4  
Bellevue- M/W 2:38-4  
Hailey - T/Th 2:28-4  
Hemingway - T/Th 2:40-4  
Syringa - M/W 2:45-4:15  
WRMS (6th-8th) T/Th 3:15-4:45