

Girls on the Run of Lancaster

Fall 2012 online registration begins September 5th



Our Mission is to inspire girls to be joyful, healthy and confident, using a fun, experience-based curriculum which creatively integrates running.



What we do: Each practice includes warm ups, running workouts and games that teach important life skills and decision making strategies (topics include: listening, gossip, bullying, sportsmanship etc) in a creative, interactive, fun way! Practice prepares girls to participate in our Dec. 8th 5k run/walk. (3.1 miles), which is open to participants, running buddies, and immediate family members.

How the program works: Girls meet twice a week for one hour and 30 minutes each practice. The season starts the week of Sept. 17th and ends the week of Dec. 10th.

Girls on the Run at Central Manor is open to 3rd-5th grade and will meet on T/Th from 3:30-5:00.

Girls on Track at Central Manor is open to 5th and 6th grade and will meet W/F 3:30-5:00.

****Please note:** 5th graders can choose either program, whichever days best suit you!

Online registration begins September 5th at 7:00 PM. Paper registrations are available through Mrs. Stephan (teacher of the gifted at CM) or the office and will be accepted on a first come, first served basis.

To register and for information regarding locations, coaches, fees etc. visit www.gotrlancaster.org or email Mrs. Stephan at laura.stephan@pennmanor.net

