



Girls on the Run Program to Start at Mid-Prairie West Elementary

Mid-Prairie West is thrilled to be offering a new program this winter and spring called Girls on the Run.

Girls on the Run, inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum, which creatively integrates running. Over a 10-week period girls explore and discuss their own beliefs around experiences and challenges girls face at this age and develop strategies and skills to help them navigate life experiences. Through it, they also make new friends, build their confidence and celebrate all that makes them unique. Physical activity is woven into the program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health.

At the end of each three-month session, the girls participate in a Girls on the Run 5k event. This celebratory, non-competitive event is the culminating experience of the curriculum. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible.

Practices are led by volunteer(s), trained coaches, who have all successfully completed a background check.



New Site Announcement

Learn more at www.girlsontheruniowa.org or reach out to:

- **Leanne Bender: 319-530-5253**
- **Jamie Swartzendruber: 319-210-4459**

Registration runs January 1-February 14. Get your girl signed up at www.girlsontheruniowa.org.

Who: MP 3rd and 4th graders

What: Girls on the Run

Where: Mid-Prairie West

When: Tuesday's and Thursday's from 4:00-5:30 beginning February 20. May 4th is the date for the 5k.

Snack will be provided at 4:00 followed by the GOTR lesson and fitness.