

Join Girls on the Run!

Girls on the Run is a non-competitive, curriculum-based running program dedicated to educating and building confidence in girls.



Join the fun! Girls in 3rd, 4th, and 5th grade are invited. You don't even have to love running.

Learn about yourself! Explore who you are and build your confidence through movement, games, and conversations.

Get moving! Fun workouts will get you energized and build your fitness! Learn how nutrition impacts how you feel.

Help your community! Create a service project with your new friends and coaches.

Share with your family! Run, walk, skip or hop the Girls on the Run 5K together with your team on Sunday, December 4th in Golden Gate Park.



SIGN UP TODAY!

Enrollment is first come, first served

- Complete registration online at www.gotrbayarea.org
- Maximum team size is 16 girls: team may fill before the registration deadline, September 14th.
- Invite your friends to join the team too!

Lake Merritt Team Details

DATES: Sept 26— Dec. 7, 2016
(no practice on major holidays)

DAYS: Mondays & Wednesdays
(plan to attend both days)

TIMES: 4:30-5:45pm

COST: sliding scale

INCLUDES: 20 Lessons and entry to season ending Girls on the Run 5K, t-shirt and water bottle, healthy snacks.

LOCATION: Lakeside Park/
Lakeview Library entrance



Girls on the Run of the Bay Area
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