



# What will Girls on the Run teach you?



**inspiring girls to be  
healthy and confident**



## What is Girls on the Run?

This is a chance for third through fifth grade girls to join an after school club. It's much more than Running, you will have a chance to make new friends, learn about friendship, and build confidence.

## When do Girls on the Run meet?

Tuesdays and Thursdays from 3:30-5:00. The whole program lasts for 10-12 weeks.

## When is the first practice?

Tuesday 3/22/16.



How many girls will be on HMS's Girls on the Run team?

There will be about 10-15 girls chosen from the whole school that can form our team.

How do I sign-up for Girls on the Run?

There will be a lottery, which means that your parents will have a chance to enter your name between 2/1/16-2/14/16 online. The website is on the flyer you will bring home today. Not everyone who enters their name will be chosen as there are limited spots. On 2/15/16 the names for our team will be drawn and the girls who will be participating will be notified.



What happens if we have a snow day at school?

If there is a snow day at school, Girls on the Run is cancelled on that day.

Do we meet over April vacation?

Girls on the Run will not meet over vacation.

Who will be the coaches for Girls on the Run?

Parents have volunteered to coach our team. Thank you to our Coaches!



What do we do at a Girls on the Run practice?

You will have a chance to talk about friendships, team building and of course you will practice running.

What happens after meeting for three months?

All participants run in a Girls on the Run 5K event on 6/5/16. It is non-competitive which means it is meant to be for fun and for you to prove you CAN accomplish anything you put your mind to!



What is the cost?

To register for Girls on the Run the registration fee is \$129.

What if our family can't afford the registration fee?

No girl is EVER turned away for financial reasons. If are thinking of applying for a scholarship please visit the [GOTR website](http://www.girlsontherunnh.org/html/) for an application.

What is the Girls on the Run website?

<http://www.girlsontherunnh.org/html/>

This is where you can find all the information about Girls on the Run!



Information to take home: All the girls in the school will be receiving a flyer from their classroom teachers. This is to share with your parents as it has all the information you will need to sign up for Girls on the Run. We hope to see you there!

Learn  
live  
dream  
run



## Girls on the Run® is so much fun!

### Hooksett – Spring 2016

Girls on the Run® is a 10-week, curriculum based program that inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. The program culminates with a 5K Celebration event on June 5th in Concord, NH.

The Spring 2016 program will be held at Hooksett Memorial School, beginning on Tuesday, March 22nd. The team will meet Tuesdays and Thursdays, 3:30-5 pm.

#### Why join Girls on the Run®?

**Have fun** with other girls while you exercise, share experiences and challenge yourself to become physically and mentally stronger.

**Set goals** for yourself about making healthy choices that are best for your body.

**Learn** more about being a good friend and helping others in your community, while you get to know your teammates and yourself a little better.

**Who is it for?** 3<sup>rd</sup>-5<sup>th</sup> grade girls of ALL fitness ability levels. Prior running experience is not necessary.

To register, or for more information, please visit our website:  
[www.girlsontherunnh.org](http://www.girlsontherunnh.org)

Online lottery registration will open on Monday, February 1<sup>st</sup>.  
Lottery registration will close on February 14<sup>th</sup> at midnight and participants will be notified via email on February 15<sup>th</sup> of their registration status. For any teams with slots still available, registration will re-open on February 15<sup>th</sup> on a first-come, first-serve basis. Space is limited to 15 girls per team.

10-Week Program Registration Fee: \$129\*

\*Scholarship applications will be available on the website beginning January 18<sup>th</sup>.  
Applications must be received and approved by GOTR-NH prior to program registration.  
Approval for a scholarship DOES NOT guarantee a place on the team; you must still register your girl after receiving the scholarship code.

This program is not a school district-sponsored activity.



What did you learn about yourself because of Girls on the Run?



# Advice from some girls who have participated in Girls On the Run...





Any  
questions?

“ I have  
**changed  
my whole life**  
because I am  
**eating  
healthier**  
and  
**working out**  
more. I just have a  
**better life.** ”

*—Girls on the Run of Greater  
Knoxville past participant*