

learn  
dream  
live  
*run.*



*A lot more than a running program...*

Girls on the Run is an experiential learning program for 3rd–5th grade:

- The 10 week program, meeting twice a week, challenges and encourages the girls, whatever their fitness level, with warm-ups, running workouts and games which teach important life skills.
- The sessions focus on life lessons in areas such as physical health, respecting yourself and others, nutrition, spirituality, team work and community involvement.
- The girls choose and conduct a community service project.
- They complete a 3.1 mile/5K running event

CLASSES BEGIN: 9/14/09

CLASSES END: 11/18/09

5K EVENT: 11/21/09

TO REGISTER:

Contact : Melissa Ambery

[melissa.ambery@hotmail.com](mailto:melissa.ambery@hotmail.com)

**Mondays & Wednesdays 3:30 pm—4:30 pm**

**Lone Star Ranch Amenities Center**

**5150 Beacon Hill, Frisco**

**For questions please visit our website: [www.gotrdfw.org](http://www.gotrdfw.org) or**

**call Janette Steinheimer at 972-849-4668**

