

CALLING ALL 3RD, 4TH, AND 5TH GRADE GIRLS:

We would love for you to join the St. Jude's Girls on the Run Team! Girls on the Run is a program that promotes positivity and girl power. The program is a transformational, physical activity-based, positive youth development program. We teach life skills through dynamic, interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5K running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

WHEN: The team will meet twice per week for 10 weeks, starting September 23rd and ending November 27th. The GOTR MoCo 5K will be held Sunday, November 24th.

St. Jude will practice on Tuesday and Thursday from 3:30-4:45. The girls will meet in Mrs. Merideth's room afterschool.

COST: The standard program registration fee is \$175. Families that qualify for reduced meals through the MCPS FARMS program pay a reduced registration fee of \$85. Families that qualify for free meals through the MCPS FARMS program and/or have a household income under \$40,000 pay a reduced registration fee of \$15. Payment plan, military discount, and sibling discount are available. Full financial assistance is available to families experiencing financial hardship.

Each participant receives a program t-shirt, water bottle, entry to the GOTR MoCo 5K, and a finishers medal.

HOW: When registration opens, visit girlsontherunofmoco.org/Register-Now to sign up.

For more information, please contact Mrs. Merideth!

