



learn. live. dream. run.



girls on the run

inspiring and improving our communities one girl at a time.

east central illinois

Girls on the Run is a life-changing program for girls in 3rd-5th and 6th-8th grades. The program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting, and educational workouts. The objective of Girls on the Run is to educate and empower girls at an early age in order to prevent the display of at-risk activities in the future. Strong, confident girls make better choices!

Over the course of a 10-week season our volunteer coaches teach life-skills lesson such as handling bullies, dealing with body image and the media, making healthy decisions and contributing to the community. The program culminates in a non-competitive 5k event which gives the girls a chance to shine and an overwhelming sense of accomplishment. All shapes, sizes and abilities are celebrated and welcome!

Our spring 2012 season begins the week of February 12, 2012. The Girls on the Run 5k will be on Saturday, April 21. There will be no Girls on the Run the week of spring break. The \$100 fee includes 20 lessons, healthy snacks, water bottle, t-shirt, celebration 5k, finisher's medal and an end of the season celebration. Full and partial scholarships are available to families in need.

Registration opens December 12, 2011. Sites are limited to a maximum of 15 girls, and registration is on a first come first serve basis.

For more information visit: www.girlsontheruneci.org or, call Beth at (248) 506-3865.

Girls on the Run (3rd-5th Grades)

The Mattoon YMCA: Tues. and Thurs., 4pm-5:30pm

Jefferson Elementary School: Mon. and Wed., 3:15pm-4:45pm

Girls on Track (6th-8th Grades)

The Mattoon YMCA: Mon. and Wed., 4pm-5:30pm

Wesley Methodist Church: Tues. and Thurs., 3:45pm-5:15pm

We are growing!

Check our website for the most up-to-date list of site locations.

Participant-Last Name, First Name

Address

City, State, ZIP

Home Phone ( )

Cell Phone ( )

Email

Date of Birth / /

School

Grade

T-shirt size (circle one)

Youth-M, L

Adult- S, M, L, XL

Parent/Guardian Name

Parent/Guardian Signature



Method of Payment:

Cash or Check (Girls on the Run East Central Illinois)

Return with payment to The Mattoon YMCA

221 North 16th Street, Mattoon, IL 61938

Or register online at www.girlsontheruneci.org