

Girls on the Run Sites (3rd - 5th grades)

The Girls on the Run® Program:

1. Is an experiential learning program for 3rd-5th grade girls;
2. has an innovative curriculum designed exclusively for pre-teen girls;
3. includes warm-ups, running workouts and games which teach important skills such as how to make healthy decisions and how to resolve conflicts;
4. prepares the girls for a 5k run/walk event;
5. challenges and encourages the girls, whatever their fitness level; and
6. provides positive peer group experiences and role models for healthy living.

We will have Girls on the Run program at the following sites:

1. Eastminster Presbyterian: Tues./Thur. 5:30-7:00 pm
2. Lake Murray Elem.: Wed./Thurs. 2:30-3:45 pm
3. Nursery Road Elem.: Wed./Fri. 3:15 - 4:30 pm
4. Heathwood Hall: Tue./Thur. 3:14 - 4:30 pm
5. St. Joseph Catholic School: Wed. 3:00 - 4:30 pm
6. University of SC: Mon./Wed. 3:45 - 5:00 pm
7. Epworth: Tues./Thur. 3:30 - 5:00 pm
8. YMCA Northwest: TBA

Girls on the Run of Columbia

is a nonprofit organization dedicated to helping girls climb out of the “girl box,” using a curriculum designed to promote good choices for a lifetime of self respect and healthy living. The curriculum, designed specifically to address “girl box” issues, uses warm-ups and workouts which encourage emotional, social, mental, spiritual and physical well being.

For more information, contact us at EMAIL: info@gotrcolumbia.com PHONE: 803-240-0318

Girls on Track Sites (6th - 8th grades)

The Girls on Track® Program:

1. uses the Girls on the Run model, but focuses on issues of importance to 6th-8th grade girls;
2. proves all the elements of Girls on the Run and addresses the middle school experience;
3. includes lessons on healthy relationships; avoidance of tobacco, drugs and alcohol; eating disorders and personal safety; and
4. supports the girls in their transition into the teenage years.

We will have Girls on Track programs at the following sites:

1. Eastminster Presbyterian: Mon. 5:30-7:00 pm



Our goals for each girl -- to:

1. complete a 5k run/walk event;
2. have a stronger sense of identity;
3. learn the advantages of peer group support;
4. learn to stand up for herself in a healthy manner;
5. have an improved body image; and
6. understand her place in her community.

Fees are per girls and include a t-shirt & water bottle; 8-20 girls per site; first come, first serve.

Scholarships are available, contact Janice Addison 240-0318 or print scholarship application from www.gotrcolumbia.com

Registration Form

Girl's Name _____

Girl's bday _____ T-shirts size: YL S M L

Parent's names _____

Address _____

City _____ State _____ Zip _____

Email _____

Home phone: _____

Emergency Contact: _____

Name _____ Phone _____

Circle Site and Time

Girls on the Run 3-5th grade

Eastminster Presbyterian: Tues./Thur. 5:30-7:00 pm - \$110

Lake Murray Elem.: Wed./Thurs. 2:30-3:45 pm - \$110

Nursery Road Elem.: Wed./Fri. 3:15 - 4:30 pm - \$110

Heathwood Hall: Tue./Thur. 3:14 - 4:30 pm - \$110

St. Joseph Catholic School: Wed. 3:00 - 4:30 pm - \$85

University of SC: TBA

Epworth: Tues./Thur. 3:30 - 5:00 pm

YMCA Northwest: TBA - \$110

YMCA members \$85

Girls on Track 6-8th grade

Eastminster Presbyterian: Mon. 5:30-7:00 pm \$85

Please make your choice and check payable to:

Girls on the Run Columbia

1013 Broad River Road, Suite 177

Columbia, SC 29210

Total Enclosed \$ _____