

Fall
2016

Girls on the Run is so much fun!

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Register online August 22 through September 11 at www.gotrsaginawbay.org.

Registration fee is \$160. We offer a fee sliding scale of \$10-\$160.

No one is turned away for inability to pay the full fee!



Season begins:

September 13, 2016

Location:

Washington Elementary Meeting days and times:

September 13, 15, 19, 22, 26, & 29 October 4, 6, 10, 13, 17, 20, 24, 27

November 1, 3, 10, 14, & 17 **Red dates Tuesdays all others Monday or Thursday**

Time 3:30-4:45 pm

Girls on the Run 5k: November 19, 2016

Registration includes 20 sessions led by trained volunteer coaches, a new pair of running shoes, healthy snacks at each lesson, t-shirt, 5k entry and finisher's medallion.

For more information contact:

Site liaison INSERT NAME at INSERT CONTACT INFORMATION

OR

Girls on the Run Saginaw Bay Council Director Jennifer Naegele at 989-399-0007 ext. 104 or jnaegele@undergroundrailroadinc.org.

