

The Stanwood-Camano School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flier, and undertakes no responsibility to supervise these events. This information is provided as a community service at the request of the event sponsor and organizer. This is not a district sponsored or endorsed event.



JOIN GIRLS ON THE RUN!

CONFIDENCE

that lasts a lifetime!

Girls on the Run is a girl-empowerment organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

Girls on the run[®]

WHY GOTR MATTERS



Girls' self-confidence begins to drop by age 9



Girls' physical activity levels decline starting at age 10



50% of girls ages 10 to 13 experience bullying



SPRING 2024 SEASON

Join the team at Cedarhome Elementary!

Registration Opens: February 5th

Spring Season Starts: April 15th

Practices: Tues/Thurs, 4:00-5:30PM

Registration Fee: \$25-\$200 depending on financial assistance needed

Celebration 5K Event: Sunday, June 9th in Mill Creek

For more information and to register, visit our website:

girlsontherunsno.co.org

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ÚNETE A GIRLS ON THE RUN!

CONFIANZA

¡Que dura toda la vida!

Girls on the Run es una organización de empoderamiento femenino que inspira a las participantes ser alegres, saludables y seguras a través de un programa que integra la creación de relaciones, el fortalecimiento de la comunidad y el establecimiento de metas con el movimiento físico



Girls on
the run®

¿POR QUÉ ES IMPORTANTE?



La confianza en unomismo de las chicas suele deteriorarse a los 9 años.



Los niveles de actividad física de las chicas suelen disminuir a partir de los 10 años.



El 50 % de las chicas entre los 10 y los 13 años sufren de acoso escolar.

TEMPORADA PRIMAVERA 2024

¡Únase al equipo de Cedarhome!

Se abre la inscripciones: el 5 de febrero

Comienza la temporada de primavera: el 15 de abril

Prácticas: los martes y jueves, 4:00-5:30PM

Cuota de inscripción: \$25-\$200 dependiendo de la asistencia financiera necesaria

Evento de celebración 5K: el domingo 9 de junio en Mill Creek

Para obtener más información y registrarse, visite nuestro sitio web:

girlsontherunsno.co.org