



## ***Girls on the Run Fond du Lac County***

is one of over 200 councils in a nationwide program that recognizes that every girl is special, that every girl is strong, and that every girl is a winner! Using the joy of running, our curriculum teaches girls about health, positive body image, self-esteem and community service.

- Professionally designed, evidence based, award-winning program exclusively for girls in grades 3-5
- Running workouts and games that teach specific life skills such as how to make healthy decisions, resolve conflict, set goals and get along in a group
- No running experience necessary
- After-school program that meets twice a week for 10 weeks
- Complete a community service project
- *Complete a 5K (3.1 mile) running event*

**Girls on the Run Site: St. Mary's Springs Academy**

**Meeting Days/Time: Tuesdays & Thursdays - 3:00 - 4:15 PM**

**Program Dates: March 4 - May 13, 2024**

**5k Event: Saturday, May 11 - Fond du Lac High School at 10:00 AM**

**Coach Contact: Mrs. Anderson - Site Liaison: [landerson@smsacademy.org](mailto:landerson@smsacademy.org)**



**REGISTRATION: January 29-February 9**

**Lottery Selection: February 15, 2024**

***Register online at [www.girlsontherunfdl.org](http://www.girlsontherunfdl.org)***

*Each team accepts a maximum of 15 participants.*

*If you are unable to register online, please contact the coach listed above.*

***The registration fee is based on a family income sliding scale and is \$0 - \$60.***

***NO CHILD WILL BE TURNED AWAY DUE TO INABILITY TO PAY.***

**Learn  
Dream  
Live  
Run**