



# GIRLS ON THE RUN EMPOWERING GIRLS IN GRADES 3-5

## Hindley Elementary School

### What is Girls on the Run?

Girls on the Run is national non-profit character development program that encourages pre-teen girls (grades 3-5) to develop self-respect and healthy lifestyles through running. The mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running. Each session will include a group exercise, with emphasis on teamwork, which will culminate in a 5K (3 mile) run. **\*Program meets twice weekly for 10 weeks**

### Registration Information:

To register please go to [www.girlsontherunfldcty.org](http://www.girlsontherunfldcty.org) and click on the Registration Information tab. Registration is done through online registration via Race Planner.

**\*Registration begins on March 1st at 8:00a.m.**

**Questions?** Contact Davie Cedela, Council Director  
by email: [davie.cedela@girlsontherun.org](mailto:davie.cedela@girlsontherun.org) or  
by phone: (203)966-4528 ext. 141.

For information regarding Financial Assistance  
please contact Diana Riolo at (203)966-4528 ext. 185

### **GIRLS ON THE RUN** **New Canaan YMCA Affiliate**

564 South Avenue  
New Canaan, CT 06840  
Phone: 203-966-4528, ext. 141  
[www.girlsontherunfldcty.org](http://www.girlsontherunfldcty.org)

### **Hindley Elementary School** **Site Information**

**TIME:** Wednesday 2:50-4:00 p.m.  
Friday 7:30-8:25 a.m

**DATES:** Wednesday 3/25-Friday 6/5

**FEE:** \$165 program fee + race fee at time of 5k registration. Each participant will receive a Girls on the Run T-Shirt and Water Bottle

**SITE CONTACT:** Jessica Anderson  
[jessicaa@optonline.net](mailto:jessicaa@optonline.net)