



DAVID C. HAMILTON, JR.  
ORTHODONTICS



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Pediatric Dentistry



## Girls on the Run

Sessions meet directly after school for 1 hour, 2 afternoons each week.

Starts week of February 23<sup>rd</sup>, 2009

School \_\_\_\_\_

Coaches \_\_\_\_\_

Meeting days \_\_\_\_\_

All participants should wear athletic shoes and bring water. Please dress comfortable, and be ready to have fun!

For more information on how to participate, volunteer, sponsorship opportunities or to donate to Girls on the Run please find us [www.girlsontheruncatawba.org](http://www.girlsontheruncatawba.org) or contact [cissy@girlsontheruncatawba.org](mailto:cissy@girlsontheruncatawba.org)

Girls on the Run of Catawba Valley Sessions are conducted at more than 30 locations throughout Alexander, Caldwell, Catawba and Burke Counties. If you would like information about bringing GOTR to your school or how to register at another school please contact

Cissy Fish  
Executive Director  
Girls on the Run of Catawba Valley  
[cissy@girlsontheruncatawba.org](mailto:cissy@girlsontheruncatawba.org)  
828.324.4583  
828.324.4053 fax



The *only* requirement of having a

# dream

is *believing* in it”

... Molly Barker

*Learn dream live run*

*it's time to*  
**celebrate**  
*being*  
**a girl**

*Our goal is to  
EMPOWER all girls to.....*

- ❖ *Have a strong sense of identity*
- ❖ *Give and receive support from a group*
- ❖ *Stand up for themselves in a healthy manner*
- ❖ *Have a healthy body image*
- ❖ *Understand their importance in the community*
- ❖ *Complete a 5k run/walk event*

*“I belong  
just the way I am”*

Girls on the Run is a nonprofit after school program that uses the power of running to help girls prepare for a lifetime of self respect and healthy living.

Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls. The program focuses on building self esteem and improving emotional and physical health. During the 12 week program, girls are empowered with a greater self awareness, a sense of achievement and a foundation to help them become strong, contented and self-confident young women.

Each session is led by trained female coaches that guide and mentor girls through a fun and uplifting curriculum. Coaches teach specific life lessons such as dealing with body image and the media, peer pressure, making healthy decisions, and contributing to the community. Along the way, the girls train together to walk or run a 5k (3.1 mile) event.

#### **Girls on Track is for Middle School Girls**

It uses the Girls on the Run model, but focuses on issues of importance to 6th-8th grade girls.

Girls on Track provides all the elements of Girls on the Run and addresses the middle school experience. GOT includes lessons on healthy relationships; avoidance of tobacco, drugs and alcohol; eating disorders and personal safety; internet safety. GOT supports the girls in their transition to the teen age years by giving them the tools necessary to avoid the pitfalls of adolescence.

## **Registration Form**

Please print, detach, and return to school office with payment. Sessions are filled on a first come basis so do not delay.

Girl's Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_  
School \_\_\_\_\_  
Grade \_\_\_\_\_  
Parent's  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ ST \_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Home phone \_\_\_\_\_  
Work# \_\_\_\_\_ Cell \_\_\_\_\_

**Program Fee of \$45 per girl.**

**Scholarship and Financial Assistance available**

**Fees are for the entire 12 week program, and include a t-shirt; snacks, race entries, and all curriculum supplies.**

**Choose one**

Cash \_\_\_\_\_ check # \_\_\_\_\_  
Checks made payable to GOTR of  
Catawba Valley

Scholarship \_\_\_\_\_  
(Approval necessary see school office for details)

Registration should be turned in the school office. Sessions are limited to 17 girls per site. Registration closes February 20th, 2009.

**Girls on the Run is for Elementary students.**

Girls on Track is our middle School Curriculum