Join Girls on the Run!

Girls on the Run is a non-competitive, curriculum-based running program dedicated to educating and building confidence in girls.

Join the fun! Girls in 6th, 7th, and 8th grade are invited. You don’t even have to love running.

Learn about yourself! Explore who you are and build your confidence through movement, games, and conversations.

Get moving! Fun workouts will get you energized and build your fitness! Learn how nutrition impacts how you feel.

Help your community! Create a service project with your new friends and coaches.

Share with your family! Run, walk, skip or hop the Girls on the Run 5K together with your team on Saturday, May 22nd in Golden Gate Park.

SIGN UP TODAY!

Enrollment is first come, first served

- Complete registration online at www.gotbayarea.org (paper forms are available at SMART-E)
- Maximum team size is 16 girls: team must fill before the registration deadline, February 17.
- Invite your friends to join the team too!

Westborough Middle - Team Details

DATES: March 7–May 19, 2016 (no practice on school holidays)
DAYS: Mondays & Thursdays (plan to attend both days)
TIMES: 3:15–4:20pm
LOCATION: Westborough

COST: Sliding Scale

INCLUDES: 20 Lessons and entry to season ending Girls on the Run 5K, t-shirt and water bottle, healthy snacks.

Girls on the Run of the Bay Area
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415.866.9942 • www.gotbayarea.org