

## TCH Girls on the Run 2012

“Girls on the Run is a life-changing, experiential learning programs for girls age seven to thirteen years old. The programs combine training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the programs are to encourage positive emotional, social, mental, spiritual and physical development.”

Our TCH team will begin meeting on Monday, March 5<sup>th</sup> and meet every Monday and Thursday from 3:30-4:30. We will meet in the gym until the weather permits us to run outside. Last year, we ran on the mile loop pathway at Silver Lake Twp. Park which worked well. When the time comes, we will be organizing drivers to pick us up at school at 3:20 and transport us to the track.

Each week’s lesson consists of team building activities, self esteem discussions and a workout comprised of stretching and running. All girls 7-12 are welcome to participate. It is a non-competitive environment where all girls are encouraged to do their personal best encouraged by one another.

On Friday, May 25<sup>th</sup>, the girls will run together with over 800 area girls in a 5K. Parents are welcome and encouraged to run with their daughters in this event.

If you are interested in your daughter participating, please contact me at school and I will get you the necessary paperwork.

Looking forward to a great spring of running with our great girls!

Michele