



We inspire girls to be  
*joyful, healthy and confident*  
using a fun, experience-based curriculum which  
creatively integrates running.

Spring  
2019  
Season

## what we do

- Inspire girls to recognize their inner strength & celebrate what makes them one of a kind.
- Girls in 3rd-5th grade develop essential life skills over the course of 10 weeks.
- Trained coaches lead girls through our curricula which includes discussions, activities & running games.
- The program ends with girls completing a service project & being prepared to complete a 5K event.

### What's included in the \$165\* registration fee?

- Twenty 90-minute lessons of the Girls on the Run nationally-recognized curriculum conducted by specially trained coaches
- A healthy snack at each practice
- An official Girls on the Run program t-shirt
- A Girls on the Run water bottle
- Entry fee for the Girls on the Run 5K
- A 5K finisher's medal
- A lifetime appreciation for health and fitness



Online registration opens at **8 a.m. on Saturday, February 9** at [www.gotrkc.org](http://www.gotrkc.org). Our season begins the week of **February 25** and concludes on **May 8**. Mark your calendar for the **Girls on the Run Spring Celebration 5K at Children's Mercy Park (home of Sporting KC) on Saturday, May 4.** (All girls are required to have a parent/guardian at the 5K.)

**NEW!** Register early for the opportunity to enroll in our 3-month payment plan! Visit [www.gotrkc.org](http://www.gotrkc.org) for details. \*Financial assistance available upon request.

Team: **Harrisonville Elementary** (girls in 3<sup>rd</sup>-5<sup>th</sup> grade/ 4&5<sup>th</sup> graders will ride the bus to HES)

Practice Days/Times: **Monday and Wednesday 4-5:30** at HES starting **Monday February 25<sup>th</sup>**

All coaches are volunteers trained by Girls on the Run of Kansas City.

Contact **Becky Sumner** at 816-380-4131x2250 or [becky.sumner@harrisonvilleschools.org](mailto:becky.sumner@harrisonvilleschools.org) for any questions about the HES team. Contact [INFO@GOTRKC.ORG](mailto:INFO@GOTRKC.ORG) for general or financial aid questions for Girls on the Run KC.