



Attention Families & Girls:  
*Popular program for girls at Freedom Elementary!*

**Mission: To educate and prepare girls for a lifetime of self-respect and healthy living**

Girls on the Run is a national non-profit organization that uses a researched curriculum of lessons, games, activities, and non-competitive running exercises to teach life lessons and to enhance self-esteem and build confidence in young girls! Our lessons include topics in positive thinking, being a good friend, making healthy decisions, standing up for oneself, gossiping and bullying issues, healthy eating and positive body image, setting goals, understanding diversity and community awareness – and many other topics important to girls of this age! We end our GOTR season with a fun 5K run including all of the girls participating in GOTR/Heart & Sole across the Sioux Empire.

***WE WILL USE A LOTTERY SYSTEM FOR REGISTRATION***

**The lottery registration period will be open from Monday, January 8 through Monday, February 5.** On Tuesday, February 6, participants will be selected via lottery. This selection is conducted via the Race Planner registration system which randomly selects team participants. Families are automatically notified via email of the selection and the registration fee is automatically billed. If slots remain after the selection, they will be filled on a first come, first serve basis.

Please use this link to register: ***<https://www.raceplanner.com/register/index/SD-IA-MN-GOTR-HS-Spring-2018>***

**Who:** Girls in grades 3-5; Spring 2018

**When:** 10 weeks: Tuesday March 6 to Thursday, May 17, 2018; 3:30-4:45 pm

**EmBe 5K Run:** Saturday, May 5 at 10:00 am; Yankton Trail Park; Bad weather date: Sunday, May 6

**Where:** Freedom Elementary

**Cost: \$106.50 - \$26.63 Sliding Fee Scale, according to household income** – includes applicable sales tax and covers 20 sessions of programming, trained coaches, snack each session, water bottle, t-shirt and entry into end of season 5K event ***(No girl has ever been turned away for the inability to pay – scholarships available. Please contact Linda Duba directly for scholarship assistance at 605-336-3662 ext. 227).***

***Attention adults ages 18 and older!***

The Girls on the Run program delivers its message to young girls through volunteer coaches. If you have a passion for working with girls to develop self-esteem, confidence, you live a healthy lifestyle, and want to be that positive role model, please call

Linda Duba, Girls on the Run Program Coordinator at 605-336-3662 ext. 227 or e-mail at [LDUBA@embe.org](mailto:LDUBA@embe.org) if you want to coach.

We are looking for 3-4 volunteer coaches for the spring Girls on the Run season!