



Davidsonville Elementary is proud to be a part of Girls on the Run Greater Chesapeake's Fall 2019 Season!

GIRLS ON THE RUN is a positive character development program for **girls in 3rd – 5th grades**. Meeting twice a week in small teams, Girls on the Run teaches life skills through a research-based curriculum and dynamic, interactive lessons. The season culminates with a Girls on the Run Greater Chesapeake community 5K event which gives participants a sense of achievement and a framework for setting and achieving goals.

The Program begins the week of September 16th and includes:

- 20 lessons conducted by trained coaches over the course of 10 weeks
 - An official t-shirt and water bottle
 - Program materials
- Participation in the season-ending community 5K event at Druid Hill Park
 - A 5K finisher's medal
- A transformative experience teaching your GOTRGC girl social, emotional and physical well-being.

Important Information:

Coaches: Aly Whitmore, Kristen Cedar

Meeting Days: Tuesdays/Thursdays, 4:00-5:15 @ DES

5K Day: Sunday, November 24th, 9am @ Druid Hill Park

Program fee: \$160 (Registration is done via a lottery system (which will be run after **registration closes on Sunday, September 8th**)

Register at: <http://bit.ly/FallGOTRGC>

Email Kelly Makimaa with any questions:
(kelly.makimaa@girlsontherun.org)