



Magee-Womens Hospital of UPMC

Dear Shaler Area Parents:

Are you interested in a program that combines learning about self-respect and physical fitness for your preteen daughter? Starting in February 28th, Burchfield, Marzolf & Shaler Area Elementary will be offering **Girls on the Run®** (3rd- 5th grades) twice per week after school. **Girls on Track** will be offered for 6th – 8th graders at the Scott Ave. building.

What is Girls on the Run?

Girls on the Run and Girls on Track are life-changing, character development programs for girls ages 8-14 that use running to teach values and a sense of self. The programs combine training to participate in a non-competitive 5K (3.1 mile) run/walk event with self-esteem enhancing, uplifting workouts and a community service project. The goals of the programs are to encourage positive emotional, social, mental, and physical development.

Program Design

- ♥ Program of life lessons wrapped into clever and fun activities.
- ♥ Three-part curriculum taught by certified Girls on the Run coaches;
 - Part 1: Understand themselves and setting personal goals.
 - Part 2: Learning skills to get along in a group.
 - Part 3: Examining their responsibility to the community.
 - ♥ Girls on the Run (3rd-5th graders)
 - Girls on Track (6th –8th graders) – Middle school

Girls on the Run at Burchfield, Marzolf, & Shaler Area Elementary will meet at 3:45 starting February 28th. Registration forms will go home the week of January 10th. The deadline to register is **February 25th**. Registration is first come first served up to 15 girls per team. Please contact **Meredith Colaizzi** at the Girls on the Run office at Magee with any questions or for more information.

Contact Information:
mcolaizzi@magee.edu

412.641.1596
www.gotrmagee.org

The mission of Girls on the Run is to educate and prepare girls for a lifetime of self respect and healthy living.