



Catawba GIRLS ON THE RUN Spring Semester

Come join your friends in this fun program!

What is Girls on the Run?

Girls on the Run is a life changing learning program for girls ages 8-13. The program is designed to increase physical activity and emotional health by providing girls with the tools to make healthy decisions and form healthy self images. The goal is to encourage positive emotional, social, mental, spiritual, and physical development through curriculum based running/walking activities.

How does our program work?

The program meets 2 times per week at the Longhouse from 4:30-6:00 pm. If your child attends the after school program at CCPP then free transportation is provided through Catawba Transit. Parents pick their children up from the Longhouse. There is supervision from the Girls on the Run coaches during the program.

When does it start?

Registration begins on February 3rd. The Spring program begins Feb. 25th.

How much does it cost?

Program fees are based on income. The fee includes everything that is needed for the program including registration at the 5k in May, a t-shirt, and water bottle.

Need more info?

Catawba Girls on the Run is part of the Tri-County Chapter. For more information see their website at <http://gotrtricountysc.org/> or talk to Jessica Blue or Tonya Cornwell, head coaches. You can also contact Lisa Martin at 366-9090 or Elizabeth Harris at 366-4792 with questions.

