



Run Like A Girl Running Club

It's that time of year again! Tie up
your running shoes and let's get going!

Our program is designed for girls, 3rd-5th grade. We will cover important topics including: self-esteem, making healthy choices, and friendship. Our girls will also be planning and implementing a community service project!

Our "Run Like A Girl" girls will be training for the *Party for Parkinson's 5k* sponsored by the Catholic Care Center. Race day this year is Saturday, April 25th.

Practice days will be Tuesdays & Thursdays, 4:15-6:00. Practice will start on Thursday, February 13th.

We will have registration for *Run Like A Girl* on Saturday, Feb. 8th in the Allen Elementary foyer from 9:00-12:00. **No money or forms will be accepted at school before this date.** If there are open spots after Feb. 8th, we will accept registration forms and fees the following week.

Fees (cash payment only): \$20.00 race entry (due Feb. 8th)

\$5.00 club fee: used for supplies for lessons, water bottles, etc. (due Feb. 8th)

Important Dates:

- ◆ School assembly for all 3rd-5th grade girls-Tuesday, Feb. 4th @ 3:30, Cafeteria
- ◆ Registration and fees due-Saturday, Feb. 8th- 9:00 am-12:00 pm, Allen Elementary foyer
- ◆ Parent Meeting-Wednesday, Feb. 11th @ 5:00, Allen Library
- ◆ First day of practice-Thursday , Feb. 13th, 4:15-6:00

18 spots available!