

## Girlson the run





Sign up for Girls on the Run!
Registration is open from <u>December 1, 2023-January 30, 2024</u>

Scan the following QR code, or visit <u>www.girlsontherunofbranchcounty.com</u> to register.



We have sites at Lakeland Elementary and Quincy Middle School for this season. This is an afterschool program serving 3-5 grade girls of Branch County.

What is Girls on the Run? Girls on the Run is a life-changing program for 3-5 grade girls that promotes girl empowerment by teaching life skills through lessons and running. Branch County offers this program for 3rd, 4th, and 5th grade girls. The season starts the week of March 11, 2024 and ends with a 5K Run Celebration in Quincy the last week of the program.

Program Cost: FREE for all participants this year! (This includes the 10 week program, shoes (\$100-\$120 value), shirts, water bottle and 5K race)

Because of this, registration will be first-come, first-served until teams are full.