



Girls on the Run® & Girls on Track®

Preparing Girls for a Lifetime of Self-respect and Healthy Living

Girls on the Run is an afterschool program that uses the power of running to help girls become strong, content, self-confident young women.

Girls on the Run is more than a running program. We empower girls to ...

(Girls on the Run) Ages 8-11 years:

- Have a strong sense of identity
- Make healthy decisions
- Stand up for themselves
- Work within a team
- Have a healthy body image
- Complete a community service project
- Finish a 5K run/walk

(Girls on Track) Ages 12-15 years:

- Stand up to peer pressure
- Choose healthy relationships
- Practice Internet safety
- Experience self-efficacy
- Feed their Spirits and love their bodies
- Complete a community service project
- Finish a 5K run/walk

The Spring 2012 season runs for 10 weeks (twice/week) from February 15 – May 3, 2012

Fee is just \$10.71 per 75 minute session (20 sessions plus 5K race and banquet)

****Full and partial scholarships are available by calling (864) 455-3252****

Are You Interested in Mentoring Girls on Real-life Lessons?

Girls on the Run Coaches are Needed, and We Can't Run Without You!

Girls on the Run needs volunteer coaches to ...

- Encourage and guide girls ages 8-11 yrs. or 12-15 yrs. through a comprehensive, 10-week curriculum
- Train girls for a 5K event, teaching proper stretching, hydration and running form
- Have fun and celebrate each girl's uniqueness

GOTR Coaches come from a variety of backgrounds. No running experience is needed; just a desire to make a difference!

To learn more or to register, call (864) 455-4001 or e-mail girlsontherun@ghs.org.

Visit our website, www.ghs.org/girlsontherun.

Help Make a Difference in the Lives of Carolina Girls!

Special Thanks to These Sponsors



Spring 2012 Girls on the Run/Girls on Track Schedule

Parent/child orientation is February 13 & 14 at the registered site.

Site 1: Greenville Life Center – 875 West Faris Road, Greenville, SC 29605

Site 1A Girls on the Run February 15-May 2 M/W 4:30-5:45 p.m.

Site 2: Pavilion Recreation Complex – 400 Scottswood Rd. Taylors, SC 29687

Site 2B Girls on the Run February 16-May 3 T/TH 5:00-6:15 p.m.

Site 3: GHS Family YMCA – 550 Brookwood Point Place, Simpsonville, SC 29681

Site 3A Girls on Track February 15-May 2 M/W 4:30-5:45 p.m.

Site 3B Girls on the Run February 16-May 3 T/TH 4:30-5:45 p.m.

Site 5: Nettles Park – 102 Nettles Park Road, Clemson, SC 29631

Site 5A Girls on the Run February 15-May 2 M/W 3:30-4:45 p.m.

Site 6: RC Edwards Middle School – 1157 Madden Bridge Road, Central, SC 29630

Site 6A Girls on Track February 15-May 2 M/W 3:30-4:45 p.m.

Site 7: Caine Halter YMCA - 721 Cleveland Street, Greenville, SC 29601

Site 7A Girls on the Run February 16-May 3 T/TH 3:15 – 4:30 p.m.

Site 7B Girls on Track February 16-May 3 T/TH 5:15 – 6:30 p.m.

Site 8: Bobby Pearse Community Center - 904 Townes Street, Greenville, SC 29609

Site 8A Girls on the Run February 16-May 3 T/TH 5:15-6:30 p.m.

Site 9: Gateway Park & Travelers Rest Sargent Branch of the Greenville County Library - 115 Henderson Dr., Travelers Rest, SC 29690

Site 9A Girls on the Run February 15-May 2 M/W 4:30 -5:45 p.m.

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For more information or to register, call Emma Rayner (864) 455-3252,
or Kim Hein (864) 455-4001.

E-mail: girlsontherun@ghs.org. Visit us online at www.ghs.org/girlsontherun.