



Girls on the Run is a transformational physical activity-based, positive, youth development program for girls in 3rd-8th grade. They teach life skills through dynamic, interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

Learn, Dream, Live, Run is the motto of the program. Girls on the Run inspires girls to take charge of their lives and define the future on their terms. It's a program where girls learn that they can; no limits, no constraints; only opportunities to be remarkable.

The Olney ES girls groups meet on Wednesday and Friday mornings from 8:00 - 9:00 AM at the school. This is the second year that Olney has participated in this rewarding program.

For more information go to <http://girlsontherunofmoco.org/>

Questions? E-mail [Nicole Connell](mailto:Nicole.Connell).