



# Girls on the Run is for **EVERY** girl.

## GIRLS ON THE RUN-MAINE: FALL 2021

Give your girl the opportunity to connect, grow and thrive! Girls on the Run establishes lifelong healthy habits and instills social-emotional skills at a time **when girls need it most.**

Through safety and physical distancing modifications and the ability to seamlessly shift to and from in-person and virtual programming, our trained and caring coaches are ready to lead your girl and her team through an **empowering, confidence building program** that will keep her **active and strong!**



### What to Expect:

- 16 interactive lessons led by trained coaches
- An engaging program journal for girls to connect with the lesson themes
- An official Girls on the Run t-shirt and cinch bag
- A safe space where girls can connect, grow and learn with peers
- A celebratory end of season 5K

**Location:** Royal River Park - Yarmouth

**Practice Days:** Tuesdays/Thursdays, 9/21 - 11/11

**Practice Times:** 3:15 PM-4:45 PM

**Head Coach:** Mary Catherine White  
(mckowalsky@gmail.com)

**How to Register:** Visit [girlsontherunmaine.org](http://girlsontherunmaine.org)

**Registration Open Through 9/24. Team Size is limited.**

**Program Fee:** \$20 - \$145. Girls on the Run-Maine uses an Income Based Sliding Scale ranging from \$20 - \$145 to set participant fee. Financial Assistance can be requested in program registration form.