



Attention Parents & Girls:

Popular program especially for girls, continuing at Harrisburg Journey Elementary!

Mission: To educate and prepare girls for a lifetime of self-respect and healthy living

Girls on the Run is a national non-profit organization that uses a researched curriculum of lessons, games, activities, and non-competitive running exercises to teach life lessons and to enhance self-esteem and build confidence in young girls! Our lessons include topics in positive thinking, being a good friend, making healthy decisions, standing up for oneself, gossiping and bullying issues, healthy eating and positive body image, setting goals, understanding diversity and community awareness – and many other topics important to girls of this age! We end our GOTR season with a fun 5K run including all of the girls participating in GOTR across the state, Northwest Iowa and Southwest Minnesota!

Who: Girls in grades 3-5; Spring 2018; maximum of 20 – **we will use a lottery system**

When: Tuesday, March 6 to Thursday, May 17, 2018; 5K on Saturday, May 5 at 10:00 am; registration IS OPEN!

Time 3:15-4:30 pm; Tuesday and Thursday

Where: Harrisburg Journey Elementary School

Cost: \$106.50 - \$26.63 Sliding Fee Scale, according to household income – includes applicable sales tax and covers 20 sessions of programming, trained coaches, snack each session, water bottle, t-shirt and entry into end of season 5K event (***No girl has ever been turned away for the inability to pay – scholarships available. Please contact Linda Duba directly for scholarship assistance at 605-336-3662 ext. 227.***)

Attention women, ages 18 and older!

The Girls on the Run program delivers its message to young girls through volunteer coaches and mentors. If you are a woman with a passion for working with girls to develop self-esteem, confidence and you live a healthy lifestyle and want to be that positive role model, please call

Linda Duba, Girls on the Run Program Coordinator at 605-336-3660 ext 227 or e-mail at LDUBA@embe.org if you are interested in volunteering.

You can also contact Mindi Stroschein, GOTR Coordinator at Journey – email: mindi.stroschein@gmail.com

We are looking for 4-5 volunteers at Journey for the spring Girls on the Run season!

Be sure to check out our website at www.embe.org for additional information! Learn more about this nationally recognized non-profit at www.girlsontherun.org

Girls on the Run is a program of EmBe and a partner of the Sioux Empire United Way

Empowering Girls...from start to finish!!