

Dear Girls on the Run® Family!

**WELCOME to** Girls on the Run®! We look forward to your participation in Girls on the Run and hope that you are going to have as much fun as we will! It will be wonderful getting to know you all. A few things for you to consider bringing each day that you participate in the program:

1. Always bring athletic shoes, preferably running shoes to workout in. Don't forget to bring socks too, because without them you might get blisters.
2. Please wear clothes appropriate for running and playing. Shorts and a t-shirt work best. You can bring these and change into them, if you don't have time beforehand. If it is really hot, wear light colored, loose-fitting clothing. If it is very cold, layering clothes works best - wear an under shirt with a sweatshirt and/or sweat pants. You may need to wear a warm hat and mittens if it gets really cold.
3. Always bring a **full** water bottle and a small healthy snack. You will probably be hungry and you will need the energy!
4. Always come equipped with a be-yourself kind of attitude. Everyone is valued, whether they run really fast or not. As a matter of fact, running and walking are fun, but being a part of Girls on the Run is even more fun. Everyone is important, whether you help us give out treats at the end of the practice, or you cheer on another person.

If the weather is rainy and yucky we will not run outside, but we will still get together. We will meet ever Monday and Wednesday in the lobby and then head outside. Please plan to pick up your girl at 3:45 in the front of the school.

Thanks for signing up to be a part of Girls on the Run!! If you have any questions please give me a call at 802-7210.

Lindy Morris  
Program Director & Coach

