

Girls on the Run at Butternut Creek

What is Girls on the Run?

It is a character development program for 3rd-5th grade girls in the Portland Metropolitan area. Through exercise, positive-reinforcement, and encouraging role models, girls are able to develop confidence they need in the crucial pre-teen years. Girls on the Run is a 12-week program that provides two ninety minute classes each week that combines running and walking games with discussions about various life-skills, including eating healthy, leadership, setting goals, and cooperation. The final step in the Girls on the Run program is completing the Starlight 5K run/walk which the girls and their mentors have been training for during the 12-week program.

Spring Session: Begins March 12th

Program: 2 days/Week, 90 Min.

Cost per Student: \$120.00

Registration: February 6th

Coaches Training: February 12th
@ TWIST

11015 SW Capital HWY Portland, OR

Fundraising Opportunities:

January 31st – El Tapatio

February 23rd – Little Cooperstown

Practice 5k: May 3rd, 4:30-6:30 PM

Starlight Run: June 2nd, 7:30-9:30 PM

Want to get involved? There are several ways ...

Become a Coach – There must be 2 coaches per each 15 Girls on the Run Participants. The coach serves as a role-model for the girls in the program, as well as, represents the Girls on the Run curriculum. Coaches prepare and supervise the hour and a half lessons for 12-weeks based upon the Girls on the Run philosophy curricula. This is your chance to serve as a mentor to these young women. Coaches help get the girls ready and pumped for the race, as well as, cheer the girls on as they cross the finish line!

Become a Running Buddy – A female running buddy is paired with a Girls on the Run participant during the practice 5k run/walk and again at the final 5k Starlight Run. Running buddies encourage her girl to do her best, whether it's walking, running or a combination of both. The girls love the special one-on-one attention and look up to their buddies. Two short time commitments are required; The practice 5k on April 28th from 4:30-6:30 PM and the Starlight run on June 4th from 7:30-9:30 PM (approximate ending time).

Provide a Scholarship for a Butternut Creek participant –

To participate in the Girls on the Run program, each student is required to pay \$120.00. We would never want the financial status of child's family determine whether she can be a part of the program. With your help, we can provide all girls the opportunity to be a part of this special program.

Need more info? Contact Enedelia Schofield, Principal, Butternut Creek schofiede@hsd.k12.or.us.

Visit the Girls on the Run PDX Website: <http://www.girlsontherunpdx.org/index.html>

Contact Nancy from Girls on the Run at: 503.318.5212