



## FALL 2010

**Girls on the Run of Southeastern Michigan is a non-profit after school program for 3rd - 8th grade girls.**



**Our fall season begins September 20. Register now to secure your daughter's spot!**

**Log onto [www.girlsontherunsemi.org](http://www.girlsontherunsemi.org) for more information.**

We use running to help prepare girls for a lifetime of self respect and healthy living.

Over the course of a 10-week season our volunteer coaches teach life-skill lessons such as handling bullies, dealing with body image and the media, making healthy decisions and contributing to the community.

Along the way, the girls train together to run in a 3.1 mile run.

**Join us at the *New Balance* Girls on the Run 5k • Sunday, November 21**

Anyone who wants to walk, skip, jump or RUN to the finish line is welcome!

## GIRLS ON THE RUN OF SOUTHEASTERN MICHIGAN

**...NOT JUST A RUNNING PROGRAM!**

**Fee: \$125.00**

Powerful women role models lead teams of girls, ages 8-12 through a ten week program where they use fun running games and activities to help girls learn about expressing themselves, making good choices, creating healthy habits and serving their community. The program culminates in a non-competitive 5K event which gives the girls a chance to shine and an overwhelming sense of accomplishment. The girls complete the program with a stronger sense of identity, a greater acceptance of themselves, a healthier body image and an understanding of what it means to be part of a team. All shapes, sizes and abilities are celebrated and welcome! The \$125 Fee includes 20 ninety minute lessons conducted by a certified GOTR coach directly after school, lesson handouts and running incentives, a Girls on the Run program t-shirt, water bottle, healthy snacks at each session, celebration 5K, race medal and an end of session celebration. For more information, to volunteer or apply for a scholarship, log onto [www.girlsontherunsemi.org](http://www.girlsontherunsemi.org) or call (734) 712.5640. **Instructor: Dana Blaskowski**

**Class #106 F10**

**Location:** Country Elementary

**Room:** 2nd Gr Pod

**Day:** M/W

4:15 PM-5:45 PM 09/20/10-11/22/10

## CLASS NUMBER 106

### PINCKNEY COMMUNITY EDUCATION

2130 E. M-36, PINCKNEY, MI 48169 (810) 225-3950 Fax (810) 225-3905

PLEASE PRINT

First Name                      Class No.              Fee              First Name                      Class No.              Fee

First Name	Class No.	Fee	First Name	Class No.	Fee

Last Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_ Phone (home) \_\_\_\_\_



Method of Payment:  Cash  Check  Visa  M/C

Make checks payable to: **Pinckney Community Schools.** You are now enrolled unless otherwise notified! Register by phone using a credit card at (810) 225-3950.

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Print Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

**TO REGISTER CALL PINCKNEY COMMUNITY EDUCATION 810.225.3950  
or on line at: [www.pinckneyonline.org](http://www.pinckneyonline.org)**