



SPRING 2012

Girls on the Run of Southeastern Michigan is a non-profit after school program for 3rd - 5th grade girls.

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.



Our spring season begins the week of March 12th. Register now to secure your daughter's spot!

Log onto www.girlsontherunsemi.org for more information.

Join us at the *New Balance* Girls on the Run 5k • Sunday, May 20th

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