



January 12, 2009

Dear JF Smith Parents,

Girls on the Run is a national program that is dedicated to the emotional and physical well being of girls. We are excited to be able to offer this fun after school activity to the 3rd-6th grade girls at JF Smith.

The Girls on the Run program combines training activities for a 5K (3.1 mile) run/walk event with curriculum that promotes good choices for a lifetime of self-respect and healthy living. Each lesson focuses on a specific issue relevant to girls in this age group. Example topics include: How Gossip is Hurtful; Dealing with Anger; Standing Up for Myself; Being a Good Sport; The Dangers of Drugs and Alcohol and Learning about Community. The lessons are combined with running using fun, interactive workouts in which the girls develop their physical abilities as well as increased self-esteem and a sense of community. In the final weeks of the program, the girls will design and complete a community service project and participate in the sixth annual Girls on the Run of Silicon Valley 5K event in Vasona Park on Saturday, May 16.

The spring program will run for 10 weeks and meet twice weekly on Mondays and Wednesdays from 2:30-3:45 starting the week of March 2. We will not have lessons the week of April 13 due to spring break. We will be meeting on the JF Smith field or an indoor space in case of rain. The fee is \$175, which includes a t-shirt, daily snack and the 5K race registration. Girls on the Run registration will be on a first-come, first-served basis and enrollment is limited. **Please mail completed program registration form and fee to the address below no later than Friday, February 13.**

Please contact us if you have any questions about the program. You can learn more about our program by visiting our website at www.girlsontherun-sv.org or calling the GOTR of Silicon Valley office at (408) 406-8406. We are looking forward to a fun-filled session. We hope to see your girls out on the field in March!

Your Girls on the Run coaches,

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