



Plymouth Family YMCA
 Thru
The Greater Detroit Council of
Girls on the Run
 With support from
Plymouth-Canton Community Education
 presents


GIRLS ON THE RUN

www.girlsontherun.org

Girls on the Run is a life changing, experiential learning program for girls grades 3-5. The program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the program are to encourage positive emotional, social, mental, spiritual, and physical development.

★ Girls on the Run will

★ EMPOWER girls to.....



- * have a strong *sense of identity*
- * *give and receive support* from a group
- * *stand up for themselves* in a healthy manner
- * have a *healthy body image*
- * understand their *importance in the community*
- * complete a *5K run/walk* event

Volunteer Opportunities Available

Would you like to help a group of girls gain a stronger sense of identity, greater self-acceptance, a healthier body and an understanding of what it means to be part of a team? We can use your help as a coach, an assistant coach or a site liaison.

For more information contact: Alli Phillips 734-453-2904 alphillips@ymcmetrodetroit.org

Program Details and Registration form on back



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Program cost is \$100

- The season will begin the week of March 30th and run until the week of June 8th.
- The program will conclude with the girls participating in the 30th annual Plymouth YMCA Father's Day Run 5K on June 21, 2009.
- Girls will meet twice a week for 1 1/4 hours with a certified volunteer coach directly after school.
- Fee includes a program t-shirt, water bottle, a healthy snack each day and entrance into the 5K run.
- Financial assistance helps ensure that everyone belongs at the YMCA.
- Visit www.ymcadetroit.org for information on all our programs.
- For additional information contact Alli Phillips, GOTR coordinator, at alphillips@ymcametrodetroit.org or 734.453.2904.

Spring 2009 Locations

Allen Elementary (Monday/Thursday)
 Bentley Elementary (Tuesday/Thursday)
 Bird Elementary (Monday/Wednesday)
 Dodson Elementary (Monday/Thursday)
 Farrand Elementary (Days TBD)

Isbister Elementary (Monday/Wednesday)
 Miller Elementary (Coach Needed)
 Eriksson Elementary (Monday/Wednesday)
 Workman Elementary (Days TBD)
 Fiegel Elementary (Tuesday/Thursday)

West Middle School —GIRLS ON TRACK (Coach Needed)

Program Registration Form

Mail or drop off registrations to Plymouth Family YMCA * 248 S. Union St * Plymouth, MI * 48170

Allen Bentley Bird Eriksson
 Farrand Isbister Miller Dodson
 Workman Fiegel West Middle School

Please indicate shirt size
 YS YM YL
 AS AM AL
 AXL



Name _____

Address _____ City, Zip _____

Email Address _____

Phone _____ Alternate # _____

Age _____ Birth Date _____

Grade _____ School _____

Parent Name _____ Parent Birth date _____

I can Volunteer to:

- Coach
 Asst. Coach
 Site Liaison

How did you hear about us? _____

Reg Date _____

Yes, I would like to donate an additional \$ _____ to the **YMCA Strong Kids** campaign to help children in need in our area.

Signature _____ Date _____

Method of Payment: Visa MC Disc CK Cash \$100 Credit Card # _____ Exp. date _____ Sec. Code _____