



When? September 5 - November 9

Where? Zielanis Elementary School, Kiel

Time? Mondays & Thursdays, 3:00-4:30pm

Are you interested in Girls on the Run? Any girl can benefit from Girls on the Run. The nationwide program is after school on Mondays and Thursdays from 3:00-4:30 until the second week in November. We provide the girls with a healthy snack and then we have a discussion on the topic of the day. Topics include self-esteem, feelings, peer pressure, bullying, etc. Next we do a team building activity based on the topic followed by a reflection activity. After that we do some warm ups and some running/walking. Each day builds up to the 5K on Saturday, November 4th. It will be amazing to see the girls' confidence grow as the season progresses. We had a very successful first season for our Kiel girls last year and I'm excited to be able to run the program again. Last fall we had one team, and I'm happy to announce we will get to have two teams this fall as we have gained 4 more volunteer coaches!

**Registration is online only and will be open from Saturday, August 19th at 8am until Sunday, August 27th at 8pm.** If you are interested in signing up please go to <http://girlsontherunnew.org> and click on the "register now" button, and then "fall program." We will have two teams and there is a maximum of 30 spots so if more than 30 girls register there will be a lottery to see who gets in and payment will be made then. It says it costs \$150 HOWEVER it is also on a sliding scale so you can just pay whatever you can. Payment is confidential and does not affect the lottery selection. Since Girls on the Run is nationwide and non-profit, they have scholarships available and donations from many sponsors. Any girl can participate regardless of circumstances.

If you have any questions please contact me:

Laura Hoban, Head Coach/Site Liaison, [lauraehoban@gmail.com](mailto:lauraehoban@gmail.com) 920-286-1687

Shawna Sabourin, Coach, [SSabourin@kiel.k12.wi.us](mailto:SSabourin@kiel.k12.wi.us)

Shelly Schueller, Coach, [SSchueller@kiel.k12.wi.us](mailto:SSchueller@kiel.k12.wi.us)

Jarrod Kind, Coach

Ashley Rickert, Coach

Alyssa Bohlman, Coach

Shalan Larson, Coach

(Meeting dates on back)

Meetings are Mondays and Thursdays from 3:00-4:30 at Zielanis Elementary School in Kiel, with a couple date changes due to conflicts.

### Meeting Dates

TUES, Sept. 5 (due to Monday being Labor Day)

Thurs, Sept. 7

Mon, Sept. 11

Thur, Sept. 14

Mon, Sept. 18

Thur, Sept. 21

Mon, Sept. 25

Thur, Sept. 28

Mon, Oct. 2

Thur, Oct. 5

Mon, Oct. 9

Thur, Oct. 12

Mon, Oct 16

TUES, Oct. 17 (due to school conferences on Thur, 10/19)

Mon, Oct. 23

Thur, Oct. 26--This will be our practice 5K (at the High School track)

Mon, Oct. 30

Thur, Nov. 2

5K run!!! Saturday, Nov. 4th (in Appleton)\*

Mon, Nov. 6

Thur, Nov. 9

\*The 5K race on November 4th is for all Girls on the Run of Northeast Wisconsin. The race starts at 9:00, but plan to arrive around 8:00. That's when the Happy Hair station and face painting will open up. The race is at Fox Valley Technical College, 1825 N. Bluemound Dr., Appleton, WI 54912.