



BOW PARKS & RECREATION

Mailing: 10 Grandview Rd, Bow, NH 03304

Located: Bow Community Center, 3 Bow Center Rd

Phone: 603.228.2222 **NEW** website www.bownh.gov

Girls on the Run®
is so much fun!



Bow – Spring 2017

Girls on the Run® is a 10-week, curriculum based program that inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. The program culminates with a 5K Celebration event on June 3rd.

The Spring 2017 program will be held at Bow Elementary School. Beginning on Thursday, March 16th and the team will meet Mondays and Thursdays, 2:30-4:00 pm. Coached by Meghan Loring, Brittany Russell, Sophia Paslaski, and Carolyn Sprague.

Why join Girls on the Run®?

Have fun with other girls while you exercise, share experiences and challenge yourself to become physically and mentally stronger.

Set goals for yourself about making healthy choices that are best for your body.

Learn more about being a good friend and helping others in your community, while you get to know your teammates and yourself a little better.

Who is it for?

3rd & 4th grade girls of ALL fitness ability levels.
Prior running experience is not necessary.

REGISTER online @ www.girlsontherunnh.org

Online lottery registration will open on Wednesday, February 1st.
Lottery registration will close on February 14th at midnight and participants will be notified via email on February 15th of their registration status. For any teams with slots still available, registration will re-open on February 15th on a first-come, first-serve basis.
Space is limited to 15 girls per team.

10-Week Program Registration Fee: \$129*

**Scholarship applications will be available on the website beginning January 23rd.
Applications must be received and approved by GOTR-NH prior to program registration.
Approval for a scholarship DOES NOT guarantee a place on the team; you must still register your girl after receiving the scholarship code.*

This program is not a school district-sponsored activity.