

THE GIRLS ON THE RUN® PROGRAM

- Was founded in 1996 in Charlotte, NC, by four-time Ironman Triathlete Molly Barker, MSW
- Has councils in almost 100 communities across the US and Canada, reaching 10,000+ girls a year
- Has been recognized on NBC News and by PEOPLE, Runner's World, Running Times, Cooking Light, Walking, Parent, Better Homes & Gardens, American Girl Magazine, Healthy Kids, Daughter's Newsletter, ESPN, and local newspapers all over the country

PROGRAM DESIGN

- Our curriculum teaches life skills through running games and workouts. The curriculum is based on extensive educational research and "on-the-track" testing of lessons.
- The three-part curriculum is taught by certified Girls on the Run® coaches and covers:
 - Part 1: Who am I? What are my values? What are my goals?
 - Part 2: Team building: What does it mean to be supportive and supported?
 - Part 3: Finding my place and my voice in the community.
- Girls may choose and conduct a community service project as part of the 6-week session. (In Lycoming County, some of these projects have included work with the SPCA, Appalachian Horse Help and Rescue, Salvation Army, Shepherd of the Streets)
- At the program's conclusion, girls are encouraged to complete a running event in their community with their team members.

RESULTS TO DATE

- Academic evaluation of the program shows a "statistically significant" improvement in body image, eating attitudes and self-esteem.
- Anecdotal evidence also indicates an improved sense of identity and an increasingly active lifestyle for program participants.

GIRLS ON THE RUN® DIAKON FAMILY LIFE SERVICES

435 West Fourth Street
Williamsport, PA 17001
Phone: (570) 322-7873
Toll Free: 1-866-244-5760

For more information visit
www.diakon.org/gotr
or call 1-877-DIAKON-7.

Diakon Lutheran Social Ministries is a leading provider of senior living accommodations and social services, including adoption, counseling, home care, and youth services, in Pennsylvania, Maryland, and Delaware. With many hands and one heart, Diakon staff members each year touch the lives of 70,000 children, families, and older adults. Diakon's mission is to respond to God's call to serve the neighbor, and Diakon staff members are proud to continue a 140-year tradition of hospitality and care for people of all faiths.

THE MISSION OF DIAKON

In response to God's love in Jesus Christ,
Diakon Lutheran Social Ministries will demonstrate
God's command to love the neighbor through acts of service.

*Girls on the Run® is funded by West Branch Drug & Alcohol
Abuse Commission and Lycoming County United Way.*



**GIRLS ON
THE RUN®**

GIRLS ON THE RUN®

Our program is an interactive running/life skills program for girls in the 3rd—8th grades. The curriculum is designed to educate and prepare girls for a lifetime of self-respect and healthy living with warm-ups and workouts which encourage emotional, social, mental, spiritual and physical health. **Girls on the Run®** has touched the lives of over 1,000 girls since 2004 in Lycoming County. Our program is offered as a six-week after-school program or a one-week summer camp program.

CAMP FEES

Camp fee is \$35 per girl per week. Fee includes snacks at each session and a T-shirt. No girl will be denied participation because of financial need. **Scholarships based on need are available.** To request a scholarship, contact Michelle McElwee at (570) 322-7873.

GIRLS ON THE RUN® AND GIRLS ON TRACK®

The **Girls on the Run®** program is offered to girls who have just completed the 3rd through the 5th grade. Its sister program, **Girls on Track®**, presents a more advanced curriculum developed to address typical adolescent topics and is geared to girls who have just completed the 6th through the 8th grade.



SUMMER 2009 CAMP DATES

Each camp will run Monday - Friday from 8:30 a.m. - 12 noon. Choose the location and date that works best for you.

All sites and times are subject to change or cancellation based on registration.

Girls on the Run® Camps (grades 3 - 5)

June 8 - 12

- 1) South Williamsport
- 2) Muncy Elementary

June 15 - 19

- 3) Jersey Shore Elementary
- 4) Montgomery Elementary

June 22 - 26

- 5) Ashkar Elementary
- 6) Avis Elementary

July 13 - 17

- 7) Cochran Elementary

July 27 - 31

- 8) Hepburn-Lycoming Elementary

August 3 - 7

- 9) Jackson Elementary
- 10) Stevens Elementary

Girls on Track® Camps (grades 6 - 8)

June 15 - 19

- 11) Muncy GOT

REGISTRATION FORM

Girls Name: _____

Birth Date: _____ Grade: _____

School: _____

Teacher: _____

Race/Ethnicity: _____

Program options (please circle one):

- 1) South Williamsport
- 2) Muncy Elementary
- 3) Jersey Shore Elementary
- 4) Montgomery Elementary
- 5) Ashkar Elementary
- 6) Avis Elementary
- 7) Cochran Elementary
- 8) Hepburn-Lycoming Elementary
- 9) Jackson Elementary
- 10) Stevens Elementary
- 11) Muncy GOT

T-shirt Size (please circle one):

Youth - M L ● Adult - S M L XL

Parent/Guardian Name (please print): _____

Address: _____

City/State/Zip: _____

Phone: _____

Emergency Phone: _____

Email: _____

Parent/Guardian Signature: _____

Please make checks payable to:
Girls on the Run® - Diakon.
Return form and check to your
child's teacher by May 26, 2008.

Michelle McElwee, Council Director
(570) 322-7873 ● mcelweem@diakon.org