



Fall 2011

Dear Parents,

The Greater Kalamazoo Girls on the Run is excited to invite your daughter who is in the 6th, 7th or 8th grade to participate in a wonderful program called GIRLS ON TRACK®. Girls on Track® is a life changing program designed to increase your daughter's activity, fitness level and self-esteem. At the same time, the program teaches life skills that will benefit her as she enters adolescence.

Simply put, Girls on Track® (GOT) transforms the way girls see themselves and their opportunities. This is done as the girls experience lessons that teach them about healthy decision making and life skills, all while training to run a 5k (3.1-mile) run at the end of the 10-week program.

Here are some things you should know:

- Girls on Track® is a national program for adolescent girls
- Girls participate in teams of up to 12 and are led by two trained coaches
- Girls on Track® is a continuation of Girls on the Run®, but prior participation in Girls on the Run® is not required
- Girls on Track® was piloted in 2005 in Greater Kalamazoo and over 160 girls participated in 2010
- Our celebration 5k event will take place **on Saturday, December 3rd**—mark your calendar now!

Specific questions should be addressed to Jessica Martin, the site liaison for Paramount Charter Academy at this number: 269-553-6400 ext. 219

Enrollment in the program is voluntary and all girls are eligible although the girls are selected on a first-come, first-served basis or lottery system if the size of the team becomes too large.

Here is what we need from you:

1. Complete and return all **FOUR** pages and any payment by **September 14, 2011** to: ★

Jessica Martin (Room 19) ★

2. Attend one of the shoe fitting open houses (see attached for details).

The 10-week program begins on September 26th and meets twice per week through December 3rd:

on Mon. and Weds. from 3:30 to 5:00 pm.

OR on Tues. and Thurs. from 3:30 to 5:00 pm.

Please be certain the program dates and times will not conflict with other commitments your daughter may have or pose any transportation problems for your family. Your daughter should be picked up promptly at the conclusion of each day's program. Thank you for your support of your daughter's participation in Girls on the Track®. Visit us at www.girlsontherunkazoo.org - and click on Girls on Track® on the home page for more information.

Sincerely,

Karen Raseman
Greater Kalamazoo Girls on Track