



Girls on Track is an affiliate program of Magee-Womens Hospital. Like its sister program Girls on the Run, Girls on Track is a national character development program for girls in grades 6-8 that teaches self-respect and healthy lifestyles through running. The program combines training to participate in a non-competitive 5K (3.1 mile) run/walk event with lessons on self-awareness, healthy relationships, and empowerment. The goals of the program are to encourage positive emotional, social, mental, and physical development as girls transition into their teen years.

Who: Girls in grades 6-8

When: Mondays and Thursdays 5:00-6:15pm

March 2<sup>nd</sup> through May 16<sup>th</sup> 5K run/walk event at Sandcastle

Where: RAW Training Center in Allison Park

Next to Wildwood Highlands on Wildwood Rd.

*Fee includes 24 classes, t-shirt, water bottle, end of season banquet, snacks, and entry into GOTR 5K event. Please call 412-641-1596 or email [mcolaizzi@magee.edu](mailto:mcolaizzi@magee.edu) for registration form or for more information. Registration is first come-first served. Limit is 15 girls. [www.gotrmagee.org/register.html](http://www.gotrmagee.org/register.html)*