

# Media Release

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## **For Immediate Release:**

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### **Girls on the Run Greater Boston Fall Season Registration Now Open in Newburyport for Nock Middle School Girls**

Girls on the Run Greater Boston ([www.girlsontherunboston.org](http://www.girlsontherunboston.org)) registration for the fall season is now open in Newburyport. Girls on the Run is a physical activity-based, positive youth development program that inspires girls in 3<sup>rd</sup> through 8<sup>th</sup> grade to be joyful, healthy and confident. The volunteer-led program brings together groups of 8-15 girls for a ten-week program that encourages personal development, team building and connection to the community. This Fall, the Newburyport location will be held at Motivate barre•cardio•cycle and will focus on the Girl's on the Run Heart & Sole program for Nock Middle School girls grades 6th - 8th.

The curriculum is taught by certified Girls on the Run coaches, Paige Charette, Meghan Kinsey, and Heather Turkel and includes three parts: understanding ourselves, valuing relationships and teamwork and understanding how we connect with and shape the world at large. Running is used to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment.

Girls on the Run Greater Boston has inspired girls in the Greater Boston area for 14 seasons and has impacted the lives of over 2500 girls. This season, Girls on the Run will be offered at over 30 locations. Each team will meet two times a week for 75-90 minutes either before or after school and participate in research-based lessons that use dynamic discussions and fun running games to teach life skills. The season will culminate in a 5k event that brings together family, friends and community members to celebrate the girls' growth throughout the season.

The program fee for the fall season is \$175, and scholarship funding is available to those who qualify. The program fee includes registration for the end-of-season 5k event, a shirt, water bottle, 5K finisher's medal and more! More information about the Newburyport program and registration can be found here <http://motivatebarre.com/heart-and-sole/>.

### **About Girls on the Run**



Girls on the Run is a national physical activity-based positive youth development program for 3<sup>rd</sup>-8<sup>th</sup> grade girls. Participants develop and improve competence, feel confidence in who they are, develop strength of character, respond to others and oneself with care, create positive connections with peers and adults and make a meaningful contribution to community and society. Each session is led by trained volunteer coaches who guide and mentor the girls. The ten-week program concludes with all participants completing a celebratory 5k event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals. Girls on the Run has served over 1.2 million girls since its inception in 1996.