| **GIRLS ON THE RUN OF CENTRAL NY**P.O. 1245Cooperstown, NY 13326**COACHES**Mary Pelletier*Coach*Jen Gardner*Coach* | Spring 2024Dear Parents/Guardians of girls in grades 3-6,Welcome to Girls on the Run! Andes Central School is excited to announce that we will have a Girls on the Run program this spring, run by two ACS teachers, Mary Pelletier and Jen Gardner. We will meet 2x per week throughout the spring; each session includes activities, games, discussions, and of course, running!Girls on the Run is ***much more than a running program.***The mission of Girls on the Run is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Over the next two + months your “Girl on the Run” will learn what it means to be strong, confident and connected; and by the conclusion she will be physically and emotionally prepared to complete a 5K run with her teammates!Please let us know as soon as possible if you would like to register (our emails below). And, if you are ready to register…Find the link for registration below.  Please note, your ‘girl on the run’ does NOT have to be a CROP participant, but CROP is covering registration fees for ALL girls at ACS who are interested. You don’t have to attend CROP but, you can email gbacon@andescentralschool.org to sign up for the GIrls On The Run Program through CROP and register below.  **Registration link:**[**https://www.pinwheel.us/register/index/GOTRCNYSPRING2024**](https://www.pinwheel.us/register/index/GOTRCNYSPRING2024)**CROP2024 is the code for registration**.***The schedule for the season is as follows:***We will meet every Monday & Thursday from 3:00 to 4:45 during CROP. Our first session will take place on Thursday, August 11th. Please note the dates and times. We will not be meeting due to school closings: April 8 and May 27th. We will meet the girls in Coach Gardner’s room 102 at 3:00 p.m. Students can take the CROP bus home or get picked up. If it is raining we will be practicing in the gym or other indoor spaces in the school. If you need to contact us during practice, call the school.To help your girl come to Girls on the Run prepared please keep in mind the following:1. wear or bring clothes and shoes suitable for running.
2. bring a water bottle on practice days.

**Mark your calendar for our End of the Season Celebratory 5K: the Girls on the Run 5K, Sunday June 2nd, at Neawha Park in Oneonta.  More information will be provided as we get closer.**If you have any questions regarding the Girls on the Run program, and/or to register for the program, please feel free to contact us at:Mary Pelletier email   mpelletier@andescentralschool.org Jen Gardner email       jgardner@andescentralschool.org.Sincerely, Andes Central School Girls on the Run Coaches |
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