

# Join Girls on the Run at Armatage this Fall

learn.  
dream.  
live.  
run.

Make friends, learn valuable lessons about standing up for yourself, being a good friend and more, all while preparing for a 5K!

For girls in 3<sup>rd</sup> – 5<sup>th</sup> grade at all skill levels and abilities, no prior running experience necessary.

Registration Fee \$150 - financial aid available.

**Lottery registration this season - details below**



**Registration is open from 2/1/18 to 2/6/18**  
**Lottery runs on 2/7/18 to fill all slots**

*Season dates:*

**March 20<sup>th</sup> to June 5<sup>th</sup>**

*Meeting days and times:*

**Tuesdays & Thursdays, 4:00 – 5:30 pm**

**At Armatage Recreation Center**

**Questions? Contact head coach Tina Thousand  
at [tina@thousandfamily.com](mailto:tina@thousandfamily.com)**



For registration or more information:

**[www.gotrincities.org](http://www.gotrincities.org)**

**651-699-4305**

