



FOR IMMEDIATE RELEASE

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Girls on The Run Now Taking Fall Registrations

Pocatello –Girls on the Run of Southeastern Idaho is now taking registrations for the Fall 2007 session. The program will be offered at area schools as an after school program, meeting twice a week for eight weeks. Days of the week vary from school to school, depending on volunteer coaches' availability. Girls may participate in the program at a school of their choice if their school does not currently offer the program. Program availability is on a first come, first served basis.

Girls On The Run (GOTR) is a life-changing experiential learning program for girls age 8-14. The program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the program are to encourage positive emotional, social, mental character and physical development, which is accomplished with female mentors/coaches in a girl-positive environment. The expectation is that participants will exit the program with a stronger sense of identity, a greater acceptance of themselves, a healthier body image, and an understanding of what it means to be part of a team. GOTR has been preparing the girls to complete a 5k run/walk, and challenges and encourages girls at all fitness levels.

The Girls on the Run Programs are based on the premise that:

- Females who participate in sports experience higher levels of self-esteem and confidence, as well as lower levels of depression than do their non-participating same-sex counterparts.
- Developing critical thinking and stress management skills are by-products of participation in organized sports and fitness programs.
- Studies show that girls between the ages of 8 and 14 are still receptive to adult influence, while beginning to feel peer pressure. It is an age when girls begin to confront important life and relationship issues.
- Girls on the Run initiates healthy decision-making about difficult issues. Learning healthy exercise habits early in life increases the chances that participants will value their own physical fitness as adults.

For more information, please contact Maggie Mann @ 239-5258 or Kelly Wathne @ 220-2965.