



Learn. Dream. Live. *Run.*

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Greetings!

In just a few short days your daughter will be participating in a 3.1 mile adventure. This is an opportunity for her to consider areas of improvement in her cardiovascular and emotional stamina so that she can do her best at the season-ending 5K. It is also an opportunity for her to learn that hard work does allow us to set a goal and accomplish it.

If you are able we hope that you will attend the practice 5K and give all the girls a round of applause. This is a big deal and the coaches will need your help to make sure the girls know it. Be prepared, the girls may need to be pampered after. Bubble bath, music, etc. etc.

Have fun,

Girls on the Run of Northwest Illinois

Favorite Quote (author unknown): Promise me you will always remember: you're braver than you believe, stronger than you seem, and smarter than you think.

Girls on the Run Curriculum Update

Week 7

The Learning Goals for Girls on the Run:

- To learn to recognize bullying behaviors and what to do if bullied or if a witness to bullying.
- To identify qualities to look for in our friends and to identify difficult situations that many



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young girls face when in a friendship. We also learned why it is important to be intentional about our friendships.

Types of Bullying:
Physical
Social Emotional
Verbal

Which one do you think happens more?

- **Girls on Track Curriculum Update**

Week 7

Learning Goals for Girls on Track:

- To address the safety concerns associated with the Internet and online social networks, particularly cyber bullying and online harassment. To learn how to stay safe and make responsible decisions when placed in a difficult online situation.
- To identify qualities to seek in someone we want to become romantically involved with and to identify difficult situations that many young girls face when in a relationship. We also learned why it is important to be self-confident and use effective communication skills in a romantic relationship.

The three most common issues that girls in this age group face when it comes to romantic relationships are: **Physical and Emotional Abuse, Lack of Trust and Sexual Pressure.**

Save the Date

Out and About with GOTR

Week of May 16th- Practice 5K at the sites.

May 30- Online race registration closes.

June 4- Noodles Night! Join us at the Noodles in Crystal Lake from 4-10PM for some yummy food and

great conversation. This is going to be a great time for the girls to get some extra carbs for their big run.

June 5- New Balance Girls on the Run 5K at the Huntley Healthbridge. This is

a community event so tell your friends. Race registration for the community is now open. The link is on our website. Girls will need to be with their teams by 7:30AM. Please mark your calendars now.

June 27th- Golf for the Girls at Pinecrest Golf Club in Huntley. Information on our website.