

***To all parents of 3<sup>rd</sup>-5th grade girls at CCDS:***

Once again, I am excited to announce that we will be bringing the **Girls on the Run** program back for yet another great season this Spring!! We have had two successful seasons and are happy to provide this program again here at our school. Unfortunately, the Girls on Track program for 6<sup>th</sup>-8<sup>th</sup> grade girls may not return until Fall of this year. Coaches for both of these programs are volunteering their time and it is a huge commitment. If you are interested in becoming involved in the program and possibly becoming a coach, there is a formal training process and background check requirement. Please contact Claire Johnson, Executive Director of GOTR Butte County if you are interested in training to be a coach. She can be contacted via the Girls on the Run website @ [www.gotrbuttecounty.org](http://www.gotrbuttecounty.org).

For those of you not familiar with Girls on the Run, it is a **12-week** program for **3<sup>rd</sup>-5th grade girls** that is designed to build self-esteem and healthy lifestyle habits. It focuses on issues that girls of this age may be facing such as gossiping, bullying, peer pressure and building healthy friendships. During the length of the program, we will train the girls to run/jog/walk the distance of 3.1 miles for which they will participate in a culminating 5K walk/run at Bidwell Park in May. This event will occur Mother's Day weekend and will be the 2<sup>nd</sup> annual "Diva Dash" 5K.

The Spring program will be held on **Mondays and Wednesdays** after school here on campus from **3:15 to 4:30 p.m.** There is a maximum participant number of 15 girls due to the nature of the curriculum. Girls that wish to repeat the program are welcome to register but will be placed on a waiting list until we receive all applications. This will allow those girls who have never participated to experience the program. After this process, the girls who wish to repeat the program will be considered. Please do not let this deter you from signing your daughter up, as in the past we have had girls repeat without a problem.

This season we will offer open registration at 3 different times in hopes to accommodate everyone. Registration will be in person at Fleet Feet Sports downtown Chico and is on a first come, first served basis. **Below are the available registration dates, times and location:**

**Fleet Feet Sports  
241 Main Street**

**Thursday, January 19<sup>th</sup> 10:00 a.m.-1:00 p.m.**

**Thursday, January 19<sup>th</sup> 5:00 p.m.-6:00 p.m.**

**Saturday, January 21<sup>st</sup> 10:00 a.m.-3:00 p.m.**

\*\*\*Application forms and scholarship forms can be downloaded and filled out ahead of time and taken to open registration in hopes to streamline this process. The forms can be found at the following website: [www.gotrbuttecounty.org](http://www.gotrbuttecounty.org).

Please contact me via e-mail at [dbell783@sbcglobal.net](mailto:dbell783@sbcglobal.net) for any questions

you may have regarding this program.

Thank you,  
Donna Bell (GOTR coach and CCDS parent)