



FEEL HEALTHIER, BE STRONGER

Youth Running Programs

GIRLS ON THE RUN

We teach girls life skills through a curriculum of engaging lessons and fun running activities. At each season's conclusion, the girls complete a celebratory 5k run that give them a lifelong memory of accomplishment.



AGES: Grades 3rd-5th

DATES: Season starts the week of September 10 and runs through November 17, with 5k on November 17

Includes participation in the Girls on the Run Fall 5k on November 17th

DAYS: Days & times vary depending on location. For more information on a specific site, please call the GOTR Coordinator.

SITES: Various sites throughout Whatcom County

| FEES: | <u>1x/week</u> | <u>2x/week</u> |
|--------------------------------|----------------|----------------|
| YMCA Members | \$95 | \$120 |
| Program Members | \$100 | \$125 |
| Financial Assistance Available | | |

INCLUDES: 10-week program, t-shirt, healthy snacks & 5k registration fee.

DEADLINE: **September 28th**
Register online: www.whatcomymca.org or at any of our facilities Bellingham, Ferndale or Lynden

GIRLS ON THE RUN FALL 5K

NOVEMBER 17, 2018

9:30am at Bloedel Donovan Park

Please join us in celebrating over 350 fall program participants!

The non-competitive run/walk is open to the community - women, men, children, leashed pets and all-terrain strollers are welcome! This run begins and ends at Bloedel Donovan Park. Register online or at any branch of the YMCA.

Girls on the Run is sponsored by BP.



TRAIL BLAZERS

This program introduces boys and girls to the sport of trail running in a fun, challenging and rewarding environment. Trail Blazers provides a supportive atmosphere while encouraging youth to use trail running as a fun way to stay fit for life.

AGES: Boys & Girls in grades 2nd-5th

DATES: Different days of the week depending on location. Spring sessions will begin/end the following weeks:

September 10 - October 26

October 29 - December 7

Includes participation in the Girls on the Run 5k on Nov. 17th

DAYS: Days & times vary depending on location.

SITES: Throughout Whatcom County

FEES: \$80 YMCA Members
\$85 Program Members

INCLUDES: T-shirt, healthy snacks & 5k registration fee.



WHATCOM FAMILY YMCA

Bellingham Program Center
1256 N. State St, Bellingham
360-733-8630

Ferndale Program Center
5610 Barrett Rd, Ferndale
360-380-4911

www.whatcomymca.org

Lynden Program Center
100 Drayton St, Lynden
360-354-5000