



Are you ready to run? But more importantly, are you ready to learn more about yourself, how our differences make us all unique and important, and to be inspired and set goals? Here is our Spring 2019 calendar! Practices will end at 4:25 with the activity bus leaving at 4:30.

Korina Day: korinad@spokaneschools.org and Kelly McGinty: kellymc@spokaneschools.org

MARCH 2019							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
24	25	26	27	28	1	2	
3	4	Practice 3:05-4:25	6	Practice 3:05-4:25	8	9	
10	11	Practice 3:05-4:25	13	Practice 3:05-4:25	15	16	
17	18	Practice 3:05-4:25	20	Practice 3:05-4:25	22	23	
24	25	Conference Week - No Girls on the Run					30

APRIL 2019							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
31	1	Spring Break - No Girls on the Run					6
7	8	Practice 3:05-4:25	10	Practice 3:05-4:25	12	13	
14	15	Practice 3:05-4:25	17	Practice 3:05-4:25	19	20	
21	22	Practice 3:05-4:25	24	Practice 3:05-4:25	26	27	
28	29	Practice 3:05-4:25	1	2	3	4	

MAY 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	Practice 3:05-4:25	3	4
5	6	Practice 3:05-4:25	8	Practice 3:05-4:25	10	11
12	13	Practice 3:05-4:25	16	Practice 5K at Hutton	17	18
19	20	Practice 3:05-4:25	22	Practice 3:05-4:25	24	25
26	27	Practice 3:05-4:25	29	Practice 3:05-4:25	31	1

JUNE 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	GOTR 5K at Joe Albi	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

*Girls may not miss more than four practices during the season.

*Girls will each need a running buddy to run the practice 5K with them and the GOTR 5K. More information will be coming, but be talking about who would help inspire and cheer on your girl and who is willing to keep up with her through the 5Ks! GOTR can help place someone if needed.