



BUILDING STRONG *Girls*



Hello Hutton Families!

We are excited to start our third year of Girls on the Run on Tuesday, March 5th! We want you to have as much information as possible before you register your daughter, because Girls on the Run (GOTR) is a big commitment. There still may be a few things that come up through the season, but hopefully this gives you most of what you need to know!

Girls on the Run inspires girls to recognize their inner strength and celebrate what makes them one of a kind. We use a fun, experience-based curriculum that creatively integrates running to inspire girls to be joyful, healthy, and confident. Over the course of the ten-week program, girls in 3rd - 6th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program ends with girls positively impacting their communities through a service project and completing a celebratory 5K event.

***Registration is all online (two-part) and both need to be completed by Friday, February 22nd.**

*Registration #1 with Girls on the Run: www.raceplanner.com/register/index/spokane-program-2019.

*Registration #2 with SPS: <https://www.familyid.com/spokane-public-schools/hutton-elementary-2019-girls-on-the-run>.

*The curriculum really builds on itself, so girls cannot miss more than four practices.

*Girls need a healthy, NUT-FREE snack and refillable water bottle each practice day.

*Practices will start in the gym Tuesdays and Thursdays right after school and ending at 4:25. Activity bus leaves at 4:30.

*Girls need to have proper clothing and good running shoes for warm-ups and running. Layers will be necessary with our unpredictable spring weather!

*Our running route will start at the gate from the playground on Plateau & Arthur. We will run up to Ivory, loop back around along Plateau to 24th, then back to the gate. Each of those loops is just about a ½ mile. So six loops and we are close to our 3.1 miles!

*We will have a practice 5K on May 16th at Hutton during our regularly scheduled practice time.

*Save the date for June 1st, when the girls will all complete the Celebratory GOTR 5K.

*Each of the girls needs a running buddy who will run the practice 5K and the GOTR 5K with them. That buddy should be someone your daughter looks up to and who will cheer them on to the finish line. If your girl is a fast runner, be sure the buddy can keep up! Running buddies will need to register with GOTR (more info on that later) and pay a \$15 registration fee for the GOTR 5K. If your daughter needs a running buddy, please let us know right away so we can work with GOTR to find one. If you have extra adults in your family who want to be a running buddy, GOTR is always looking for more!

*As a team, we will be participating in a community service project. More info will be coming home about that, but be talking to your daughter about what kind of things she would like to do to help our community.

*Capes! Every year we have a team spirit item that sets us apart at the GOTR 5K. This year, we are thinking capes to decorate because we are all superheroes! We are planning to have the girls write a PTG mini-grant proposal the first couple weeks of practice. If it's granted, all costs will be covered! YAY!

*VOLUNTEERS! We need you! We anticipate around 50 girls again this year, so we'd love to have you! We need at least 3 parents at each practice to help with logistics during the lessons, stand at intersections as girls run their loops, and to run with the girls to encourage and cheer them on! Please be sure you have completed the clearance paperwork in the front office.

Thanks so much for trusting us with your girls! We are looking forward to getting to know each of them!
Korina Day & Kelly McGinty - Hutton Teachers and GOTR Coaches