

A large, diagonal pink plaid ribbon graphic serves as a background for the title text.

# RUN LIKE A GIRL

**A group running program for girls 8 and up,  
training for a 5K finale**

**WHEN:** Sundays at 1:00-2:30 meet at LYSB for group run followed by half hour meeting starting Sunday March 2nd through Sunday May 11th (no group on April 20th)

**WHERE:** Meet at LYSB (59 Lyme Street), will also do local trails and high school track

**LESSONS:** Embracing differences; stretching; nutrition; dealing with injuries; “your look”; team spirit; stress relief; goals and plans

**CONTACT:** LYSB 860-434-7208. No need to pre-register, just show up!

