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## Lamorinda Girls Hit the Trail

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The Contra Costa chapter of Girls on the Run (GOTR) moves to Tice Valley Community Park and will begin its season on September 20.

GOTR is a non-competitive, curriculum-based program dedicated to educating and building confidence in girls in the third through fifth grade. Participants meet twice a week for a total of 20 lessons. The girls improve their fitness while learning life lessons that prepare them to navigate the often difficult pre-teen years. Each season culminates in the Lollipop 5K run in Golden Gate Park, where participants from all GOTR Bay Area programs run with a designated "running buddy."

Last spring, a Lafayette third grader came in first out of 400 runners.

To find out more,

visit [www.gotrbayarea.org](http://www.gotrbayarea.org).

Photo provided

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