

# FOUNDATION FOR YOUTH

FALL 2022 SEASON

## Girls On The Run & Trailblazers

### WHEN

September 7, 2022 - November 22, 2022

**5K Race Date:** November 19, 2022

### WHERE

- ABC Stewart
- Clifty Creek
- CSA Fodrea
- CSA Lincoln
- Foundation For Youth
- Mount Healthy
- Parkside
- Richards
- Rockcreek
- Schmitt
- Smith
- Southside
- St. Bartholomew
- St. Peter's
- Taylorsville
- White Creek



### COST

August 15, 2022 - September 6, 2022

\$75.00

### REGISTRATION INCLUDES

- 10 Week Curriculum
- Program T-Shirt
- Water Bottle
- Drawstring Bag
- 5K Race Entry
- 5K Finisher Medal



405 HOPE AVENUE  
COLUMBUS, IN 47201



[WWW.FOUNDATIONFORYOUTH.COM](http://WWW.FOUNDATIONFORYOUTH.COM)



812-348-4558

# FREQUENTLY ASKED QUESTIONS

## Girls On The Run & Trailblazers

### WHAT IS GIRLS ON THE RUN AND TRAILBLAZERS?

Our mission is to inspire girls and boys ages 8-12 to be joyful, healthy and confident using a fun, experience-based curriculum. The programs creatively integrate running to train for a 3.1 mile running event at the end of the season.

The participants meet one or two days a week, directly after school, for approximately 90 minutes.

*The most common practice time is 2:45PM-4:00PM.*

The end of the season is celebrated with a 5K race held at Foundation For Youth.

### WHY IS MY CHILD'S SCHOOL SHOWING A WAITLIST?

A waitlist means we are still looking for a Volunteer Head Coach or the team is full based on the current number of volunteer coaches.

We highly recommend adding your child to the waitlist. There is **no fee** to be put on the waitlist.

You will receive a text message from the Athletic Director if a coach is found.

You can register, or add to the waitlist, online, over the phone or in person with the Customer Service Desk.

### REMIND APP

Class Code: **@GOTRTBLAZE**



The Athletic Director will send program updates including new locations, coach contact information, 5K race reminders and more on the app.

### HOW CAN YOU GET INVOLVED?

Our athletic programs are not possible without the commitment of volunteer coaches.

We have a variety of volunteer coach resources, including coach applications, on our website.

[www.foundationforyouth.com/athletics](http://www.foundationforyouth.com/athletics)

### WHAT IS A RUNNING BUDDY?

We encourage parents to recruit a running buddy to participate in the end of season 5K alongside their Girls On The Run or Trailblazers participant.

- *Examples: Parent, Family Member, Family Friend, Sibling, Teacher*

The running buddy is required to register and pay a separate fee to participate in the 5K event.

The registration includes an official time for the race and a finisher medal.

**Running Buddy Registration Opens:** October 1, 2022

### I HAVE ADDITIONAL QUESTIONS NOT LISTED. WHO SHOULD I CONTACT?

Ashley Harrison, Athletic Director

[ashley@foundationforyouth.com](mailto:ashley@foundationforyouth.com)

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