



# FOUNDATION FOR YOUTH

SPRING 2023 SEASON

## Girls On The Run & Trailblazers

### SEASON DATES

March 20, 2023 - May 13, 2023

5K Race Date: May 13, 2023

### 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

\$75.00

### REGISTRATION INCLUDES

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





# FREQUENTLY ASKED QUESTIONS

## SPRING 2023 SEASON

### HOW DO I REGISTER?



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



Customer Service Desk  
(812) 348- 4558 Ext. 0



Foundation For Youth  
405 Hope Avenue  
Columbus, IN 47201

Customer  
Service  
Hours

**Monday - Friday**  
9:00AM - 5:00PM

**Saturday & Sunday**  
CLOSED

### 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 for approximately 90 minutes.  
The end of the season is celebrated with a 5K race held at Foundation For Youth.

### WHY ARE SOME SCHOOLS ON A WAITLIST?

A waitlist means we are still looking for a Head Coach or the team is **full**. We highly recommend adding your child to the waitlist. We will contact those on the waitlist if a Head Coach is found.

### HOW DO I FIND OUT WHAT TEAM MY CHILD IS ON?

The Remind app is a communication platform used for all FFY Athletics programs.  
The season packet including team rosters and coach contact information will be sent out on the app.

Parent Group: [@GOTRTBLAZE](#)  
Volunteer Coach Group: [@COACHGRTR](#)



### HOW CAN I GET INVOLVED?

Our youth athletic programs are **not possible** without the **commitment** of volunteer coaches.  
We have a variety of volunteer coach resources on our [website](#).



#### Visit Our Website

- ✓ Volunteer Coach Corner
- ✓ Parent Portal
- ✓ Additional Frequently Asked Questions

