



**GIRLS
GRADES
3-5**

ST. JOSEPH'S

EMPOWHER RUN CLUB

Mission:

The St. Joseph's EmpowHer Run Club mission is to empower girls in 3rd-5th grades through movement, confidence-building, and fun! We aim to foster a love for running & movement while teaching foundational skills, encouraging personal growth, and promoting a positive, inclusive environment. We will do this through weekly runs, games, and team challenges. Girls will build strength-- physically and mentally-- while developing friendships, healthy habits, and the belief that we can do hard things!

Race Opportunities:

Registering for races during our 8 week season is optional, but encouraged! Two team race opportunities include TC Family 1 Mile on Oct. 4 & the Hot Chocolate Run 5K on Nov. 8.

Registration:

Includes after-school healthy snack, team T-shirt, & track fees. Does not include race fees. Open until 20 max. participants is met. [Click here to register!](#)

**SEPT. 15 -
NOV. 8**

**M/TH
3:15-4:45
PM**

**JOIN
NOW**