



**A celebration!** All season-long, girls have been running a little farther each time they play a game or run a lap. They set goals. They help each other accomplish them. They encourage their friends with high-fives and “you-can-do-it” motivation. The focus is not on how fast a girl can run or how many girls she can or can’t pass along the way. The focus is on fun, achieving goals, and finishing -- whether she can run the whole way or walk, skip, hop or jump! By the last lesson, the girls are mentally, emotionally and physically prepared to cross the finish line in a 5K event – 3.1 miles. The 5K is an inspiring gathering of friends, family and community to celebrate this incredible accomplishment! Completing a 5k gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals.