

JANUARY 31, 2012



PUBLISHED EVERY TUESDAY

# THE BEACON HILL TIMES

T H E R E A R E N O T I M E S L I K E T H E S E T I M E S

# Hill House, Girls on the Run on again

In its fourth season, Girls on the Run of Suffolk County hopes to attract 100 participants to five Boston teams, two of them in Beacon Hill. Although this year's teams will sport blue tees, rather than the signature magenta, girl power still runs the program.

In July of 2010, Hill House became a licensed provider of Girls on the Run. The program aims to develop positive emotional, physical and social tendencies. Each season, teams and their

coaches work through a 28-lesson curriculum, which promotes self-respect, tolerance and community outreach, empowering all participants to embrace their uniqueness. Biweekly sessions incorporate themed discussion and exercise.

For girls, ages 7 to 12, the program is one of a kind. At an impressionable, uncertain time, practices provide a forum for sharing experiences and asking questions.

Nationwide, every season of

Girls on the Run ends with the completion of a 5K run. This spring, all Suffolk County teams will participate in the 5K portion of Hill House's Backyard Dash.

Registration is now open for both Beacon Hill teams, and practices begin Tuesday, Feb. 7. Both teams will practice on Sunday afternoons, and participants may choose between Tuesday or Wednesday evening weekday practices.



*Girls on the Run participants run in the Backyard Dash.*