

# A GIRL'S GUIDE TO **RUNNING**



Available at [velopress.com/girlsrunning](https://velopress.com/girlsrunning)  
Enter code **GIRLSRUN** at checkout to

**RECEIVE 15% OFF!**

Running has so much to offer girls. From discovering what their bodies are capable of, to pushing new mental limits, to building a community that encourages and empowers—running has the ability to shape a young life in healthy, positive, and lasting ways. *Girls Running* by Melody Fairchild and Elizabeth Carey is a toolkit to all things running—addressing body issues, hormones, fueling, cross-training, team-building, and more!



***Girls Running*** is a go-to guide for everything girls need to know to run better—and love the journey while doing it.

 **velopress®**