

Girl Scouts of Southern Arizona's Thin Mint Sprint Promotes Healthy Living in the Community

Support Girl Scout programs while running (or walking!) a 5k or 1-mile race and connecting with fellow community champions!

WHAT: Thin Mint Sprint
WHEN: Sunday, September 24, 7:30 a.m.
WHERE: Brandi Fenton Memorial Park
3482 E River Road
Tucson, AZ 85718

September 6, 2023—On September 24, Girl Scouts of Southern Arizona (GSSOAZ) host their family-friendly 5k and one mile walk/run at the Brandi Fenton Memorial Park. Great for the experienced and amateur walkers and runners alike, this day starts with a timed morning race and ends with Girl Scout cookies, booths from community sponsors, food from Natural Grocers, and music.

For over a decade, Thin Mint Sprint has aimed at raising awareness around healthy living and wellness in the community. In the weeks approaching the event, Girl Scouts are able to join the Healthy Living Challenge, which teaches them behaviors that encompass the five important areas of wellness—fitness, friends, future, community, and health—that contribute to lifelong health, fulfillment, and satisfaction. The challenge culminates on race day, and each Girl Scout who completes it will earn a fun patch that shows off their dedication!



Thin Mint Sprint can once again be enjoyed in-person or remotely. With past participants from California, Oregon, even New York, anyone can participate in the event! Yuma Troop 6135's Olga Chapman-Gonzales says, "When the option to join virtually came available, it made it possible for us to be a part of this yearly Girl Scout event without having to travel." Troop 6135 has an active group of Girl Scouts who, along with their families, look forward to this event every year. "Not only does it bring us together as sister Scouts," she says, "but it also welcomes our new families and helps us get to know each other just a tad bit more."

All proceeds from the event enable GSSOAZ to continue developing and refining innovative programs that promote financial literacy, healthy relationships, confidence, health and wellness, community service, outdoor learning and adventure, and STEM for every Girl Scout.

ABOUT THE GIRL SCOUTS OF SOUTHERN ARIZONA

Girl Scouts of Southern Arizona is comprised of over 6,000 Girl Scout members from Pima, Cochise, Santa Cruz, Pinal, Graham, Greenlee, and Yuma counties. The organization is one of 112 Girl Scouts of the USA councils. Nationwide, Girl Scouts is 2.6 million strong—1.8 million girls and 800,000 adults who believe in the power of each and every girl to change the world. Girl Scouts build girls of courage, confidence and character, who help make the world a better place through our one-of-a-kind leadership development program.

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