



GIRLS ON THE RUN at Ridge HS

Girls on the Run is a 10 week experiential running program for girls in Grades 3-5. The program is designed to educate and prepare girls for a lifetime of self-respect and healthy living. Girls will have fun training for the Girls on the Run 5K race while making friends and learning about themselves.

The emphasis is not on running but on having fun. The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three.

You must be able to attend both days consistently to participate in the program.

WHO: Girls in Grades 3 – 5
WHEN: Monday & Wed Sept. 6th – Nov. 20th
TIME: 4:00-5:00PM
WHERE: Ridge HS Track, this program is open to all girls in grades 3-5
FEE: \$100.00

Registration for Girls on the Run
(One per participant please)

Name _____ Grade _____ Phone _____

School _____

Email _____

Emergency Contact _____ Phone _____

Physician _____ Phone _____

Medical allergies, illnesses, other conditions coach needs to be aware of:

Send registration form and check to:
GOTR 5 Pirozzi Lane Hillsborough, NJ 08844
Make checks payable to the GOTR of Central NJ
Contact Donna Dourney at dldourney@gmail.com

Registration due by July 15th
Space is limited

Volunteer Coaches are Needed

Volunteer coaches are needed for the program. You DO NOT need to be a runner to coach. Please contact Donna Dourney at the above email address or 908-642-4321 if you are interested or put your contact information below.

Name _____ Email _____