

# Join **GIRLS ON THE RUN** at Memorial Field in Summit!



our girls say

"I WANT TO CHANGE THE WORLD BY DOING BIG THINGS."

- Leah, 5th grade

## WHAT IS GIRLS ON THE RUN?

- 8-week positive youth development program for girls in grades 3-5
- Team of up to 15 girls
- Girls will have fun, make friends, boost physical activity, and learn social-emotional skills
- Celebratory 5K at practice sites to end the season with friends and family!

## WHAT'S INCLUDED?

- 16 outdoor practices led by trained volunteer coaches
- Engaging program journal for girls to connect with lesson themes
- Girls on the Run T-shirt
- Team-based 5K finisher's medal
- Spring activity journal

## SPRING PROGRAM BEGINS APRIL 19

Online Registration is now open!

<https://www.girlsontherunnj.org/Register-Now>

Registration fee: \$209

**Payment plans & financial assistance are available as needed.**

*Our proven program has been adapted to ensure the health and safety of all girls and coaches meeting in person. Social distancing, hand sanitizing and individual materials will be required. Not ready to meet in person? An all-virtual team is also forming. More info at [girlsontherunnj.org](http://girlsontherunnj.org)*



**SPRING 2021 SEASON**  
April 19 – June 12

**REGISTER ONLINE**  
March 15 – April 19  
[www.girlsontherunnj.org](http://www.girlsontherunnj.org)

## PRACTICE INFO

**Location: Memorial Field, Summit**

**Days: Tuesdays & Thursdays**

**Times: 5 – 6:15 p.m.**



**Interested? Contact us today for more info:**

**[info@girlsontherunnj.org](mailto:info@girlsontherunnj.org)**