



# Girls on the Run

**“We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.”**

*Girls on the Run is a transformational learning program for 8 to 13 year-old girls. We teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their inner confidence and celebrate all that makes them unique. **Girls will participate in the Girls on the Run 5K on November 23<sup>rd</sup> in Somerville, NJ. The Girls on the Run 5K is open to the public and families are encouraged to run. The registration fee for the race is \$20, information on registering will be sent via email.***

**Who:** Girls in Grades 3-5

**When:** September 22<sup>nd</sup> – November 23<sup>rd</sup>

**Days/time:** Monday/Wednesday  
3:15-4:30

**Location:** Shrewsbury Borough School

**Fee:** \$115

**Registration is now available online at:**

**<https://www.raceplanner.com/register/index/Girls-on-the-Run-of-Central-NJ-Fall-2014-Program>**

**Please click the drop down menu and register for the school your daughter is attending**

**For more information please contact Donna York at [donna.york@girlsontherun.org](mailto:donna.york@girlsontherun.org)**

**Volunteer coaches are needed at all locations. If you would like to volunteer please complete the volunteer section online when you register your daughter.**

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