



LEARN, DREAM, LIVE, RUN

Girls on the Run is so much fun!

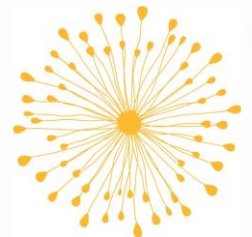
Girls on the Run is a nonprofit youth development program for girls in 3rd - 5th grade that uses running as a tool to promote physical, social, and emotional growth. We teach life skills through dynamic interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a 5K, held on November 18th. Join us! \$199 registration fee, not including the 5K entry fee. Financial Assistance available. Program is first come, first served.



Season begins:
September 12 (tentatively)

Location:
Verona Park/Verona

Meeting days and times:
Wednesdays 4:15-5:30PM & Saturdays 10:00-11:15AM



For registration or to volunteer as a coach, visit:

www.girlsontherunnj.org

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