



Girls On Track

Girls on Track is a 10 week running program for girls in Grades 6-8. 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 as they mature. The program emphasis is not on “running” but on having FUN! The girls are encouraged to set goals and meet them by walking or running and creating a healthier lifestyle for themselves.

WHO: Girls in Grades 6 – 8 (20 participants)
WHEN: Tuesdays & Thursdays April 6 – June 7
TIME: 3:30pm – 4:30pm
WHERE: William Annin Middle School, Basking Ridge
FEE: \$25.00, registration includes T-Shirt

**Registration for *Girls on Track*- application deadline: April 1, 2010
Enrollment is based on first come, first serve.**

Participant Name _____ Grade _____

Parent Name _____ Parent Email _____

Parent Phone _____ Address _____

Send registration form and check for \$25.00 made payable to Bernards Township Health Department:

**Kathy Kelly – Community Assets Coordinator
Bernards Township Health Department
262 South Finley Ave.
Basking Ridge, NJ 07920**

