



New

Hero Boys Running Program

HERO Boys™ is a youth development and engagement program for boys in 3rd – 5th grades. Using running as a base activity HERO Boys™ inspires boys to discover the character and courage that resides inside each one of them to be brave, stand for that which is right, and use their talents and strengths to lead and set the positive example amongst their peers. The school-based program is 8 weeks long and culminates with the boys participating in a 5K race.

Hero Boys is being offered through Hark, Inc. the non-profit organization that fully supports Girls on the Run of Central NJ.

Where: Ridge High School Track

When: Tuesdays – 4:45-5:45PM

Dates: April 26th – June 14th

Registration Fee: \$70

Register at: www.runsignup.com/heroboys

5K Race Date: June 19th

Information: Contact Donna York at donna.york@girlsontherun.org

Space is limited, register soon!

