



# THE SOMERSET HILLS YMCA PRESENTS GIRLS ON THE RUN at Mt. Prospect

Girls on the Run is a 10 week experiential running program for girls in Grades 3-5. 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.

The emphasis is not on running but on having fun. The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three.

You must be able to attend both days consistently to participate in the program.

**WHO:** Girls in Grades 3 – 5  
**WHEN:** Monday & Wednesdays Sept. 20<sup>th</sup> – Nov. 21<sup>st</sup>  
**TIME:** 3:15-4:15PM – Immediately after school  
**WHERE:** Mt. Prospect School  
**FEE:** \$75.00

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**Registration for Girls on the Run  
(One per participant please)**

Name \_\_\_\_\_ Grade \_\_\_\_\_ Phone \_\_\_\_\_

School \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Physician \_\_\_\_\_ Phone \_\_\_\_\_

Medical allergies, illnesses, other conditions coach needs to be aware of:

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Send registration form and check to:  
Somerset Hills YMCA 140 Mt. Airy Rd. Basking Ridge, NJ  
Make checks payable to the Somerset Hills YMCA  
Contact Donna Dourney at [ddourney@somersethillsymca.org](mailto:ddourney@somersethillsymca.org)  
You do not need to be a member of the Y to participate

**SPACE IS LIMITED REGISTER EARLY**

