



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 (June 6th) 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 (limited space)
WHEN: Tuesdays & Thursdays April 4 – June 2
TIME: 3:30 – 4:30
WHERE: William Annin Middle School, Basking Ridge
FEE: \$25.00, registration includes T-Shirt

Registration for *Girls on Track*- application deadline: March 31, 2011

Name _____ Grade _____

Parent Name _____ Email _____

Phone _____ Address _____

Yes ___ parent available on Tues or Thurs from 2:30-3:30 for study hall (circle one or both)

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

Danielle Cooper – Community Program Coordinator
Bernards Township Health Department
262 South Finley Ave., Basking Ridge, NJ 07920

