



**We inspire girls to be joyful, healthy & confident using a fun, experience-based curriculum, which creatively integrates running.**

What is Girls on the Run?

- \*An after-school program for 3rd-5th grade girls
- \*Meets twice a week for 10 weeks
- \*Teams of 8-20 girls
- \*Teaches life skills through dynamic, conversation-based lessons and running games
- \*Curriculum is taught by certified Girls on the Run coaches.
- \* Me + Relationships + Community! Lessons include three parts: understanding ourselves, valuing teamwork and understanding how we connect with, and shape, the world at large.

**Online registration is now open!**

Who: Girls in 3<sup>rd</sup>-5<sup>th</sup> grade

Season: March 11 – May 29, 2020

When & Where: Wednesday at Tewksbury Elementary School 3:30 – 4:45 PM

Friday at Valley Elementary School 3:30 – 4:45 PM\*\*

Registration Fee: \$175

Includes 21 lessons, program t-shirt, water bottle, 5K registration & 5K t-shirt. **Scholarships are available!**

To register or for more information: [www.gotrhunterdon.org](http://www.gotrhunterdon.org)  
or call/email our Program Coordinator: [lindsey.legg@girlsontherun.org](mailto:lindsey.legg@girlsontherun.org)  
or Melissa Lynch, Head Coach at Valley View: [msкlynch@gmail.com](mailto:mस्कlynch@gmail.com) or  
Valerie Lensborn, Head Coach at Tewksbury: [valerie.gude@gmail.com](mailto:valerie.gude@gmail.com)

\*\* Please note that coaches will wait to start program at Valley View on Fridays to allow enough time for Tewksbury girls to transport.