



is back!

Girls on the Run is excited to offer its Girls on the Run (GOTR) program to Desmares Elementary School 3rd and 4th grade girls again this fall! GOTR is an after school program that encourages preteen girls to develop self-respect and healthy lifestyles through running. There are over 170 councils providing running programs throughout the US and Canada, and you are invited to join us for a fun-filled fall season!

Our program runs for ten weeks, beginning the week of September 12. **Registration will open on Monday, August 1, and registration forms will only be available online via our website, www.gotrhunterdon.org.** Our program is limited to 15 girls, who will be enrolled on a first-come, first-served basis, so please register early!

Beginning on September 12, we will meet at school on Monday and Thursday afternoons from 3:30-4:30 PM. Along with having a ton of fun, we will train together to participate in the third annual New Balance Girls on the Run 5K in November!

The cost of the program is \$115, which covers 20-1 hour sessions, materials, volunteer training and background checks, a GOTR t-shirt, other incentives, and registration for the Girls on the Run 5K. Scholarships to help offset the program fee or to purchase sneakers are available to those who may require financial assistance. Please contact Council Director, Becky Testa, at gotrhunterdon@comcast.net to request a scholarship application.

If you have any questions about the program, please feel free to contact your Desmares Coaches Tara Boyle at tinkrbe11@comcast.net, Jackie Fiske at jackiefiske@mac.com, or Karen Giffen at ukaccent@yahoo.com or your Council Director, Becky Testa, at gotrhunterdon@comcast.net.

Additional information on our program can be found on our website, www.gotrhunterdon.org.

We look forward to a fun and exciting fall season and hope that you will join us.

You Go, Girl!