



and



are back!

Girls on the Run is excited to offer its Girls on the Run (GOTR) and Girls on Track (GOT) programs to FRSD 3rd - 8th grade girls again this spring! GOTR and GOT are after school programs that encourage preteen girls to develop self-respect and healthy lifestyles through running. There are over 190 councils providing running programs throughout the US and Canada, and you are invited to join us for a fun-filled spring season!

Our program runs for twelve weeks, beginning the week of March 12. **Registration will open on Monday, January 30 and will only be available online via our website, [www.gotrhunterdon.org](http://www.gotrhunterdon.org).** Our program is limited to 15 girls at most locations (30 at Copper Hill), who will be enrolled on a first-come, first-served basis!

Beginning the week of March 12, our teams will meet twice a week after school. Please visit the Locations page of our website for meeting days and times. Along with having a ton of fun, we will train together to participate in the Girls on the Run 5K in downtown Flemington on Thursday, May 31!

The cost of the program is \$115, which covers 24 lessons, materials, volunteer training and background checks, a GOTR t-shirt, 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 [gotrhunteron@comcast.net](mailto:gotrhunteron@comcast.net) with questions about the program or to request a scholarship application.

Some of our programs are still in need of volunteer coaches. In particular need are our Barley Sheaf, J.P. Case, Mine Brook Park, and J.P. Case programs. Information on coaching Girls on the Run can be found on the Coaching Opportunities page of our website and questions can be directed to [gotrhunterdon@comcast.net](mailto:gotrhunterdon@comcast.net). Please consider joining our remarkable team of coaches and ensuring that we can meet the demand for GOTR at these locations.

Additional information on our program can be found on our website, [www.gotrhunterdon.org](http://www.gotrhunterdon.org).

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