



Girls on the Run is for **EVERY** girl.



Girls on the Run is a program like no other!

Over an 8-week season (teams meet twice a week), girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event.



Why it matters

It's fun. It's effective.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

BRAGG ELEMENTARY SEASON DETAILS

Registration Opens: **February 15**

Program Starts: **Week of April 8**

Program Fee: **\$250 (includes 5K fee)**

*Financial Assistance is available

Participating Grades: **3rd-5th**

Meeting Days/Times: **Tues. & Fri. 3:30-4:45pm**

Contact: **Kathryn Marsh, Morris Co. Director**
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Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Learn more and register at www.girlsontherunnj.org.