



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



Girls on the Run is an **afterschool program like no other!**

Over a 10-week season, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 8th 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.



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.

CALDWELL GOTR SEASON DETAILS

Registration Opens: **March 1st**

Program Starts: **Week of April 3rd**

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

Financial Assistance is available to all who apply

Location, Days and Times:

Grover Cleveland Park by the boathouse/pond
Tuesdays/Thursday 4-5:15PM

Contact: **Anne Klein, Program Director**
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Learn more and register at www.girlsontherunnj.org.