



*Girls on Track* is a 10 week running program for girls in Grades 6-8. The program is designed to educate and prepare girls for a lifetime of self-respect and healthy living. Girls will have fun training for the *Girls on the Run Central NJ* 5K race (June 11<sup>th</sup>) while making friends and learning about themselves as they mature. Now updated with the Heart & Sole curriculum!

The program emphasis is not on “running” but on having FUN! The girls are encouraged to set goals and meet them by walking or running and creating a healthier lifestyle for themselves.

This program is brought to William Annin Middle School by the Bernards Township Health Department, the Bernards Township Municipal Alliance, and is sponsored by the Somerset County Youth Services Commission.

- WHO:** Girls in Grades 6 – 8 (Please sign up early to reserve your spot!)
- WHEN:** Tuesdays & Thursdays March 28<sup>th</sup> – June 8<sup>th</sup> – *Excluding Spring Break*
- TIME:** 3:30– 4:30 (Municipal Alliance member chaperoned Study Hall at WAMS from 2:30-3:30)
- WHERE:** William Annin Middle School, Basking Ridge
- FEE:** \$65.00, registration includes T-Shirt, program materials, snacks, and registration for the Girls on the Run 5K on June 11<sup>th</sup>!

---

**Registration for *Girls on Track*- application deadline: March 23, 2017**

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name \_\_\_\_\_ Email \_\_\_\_\_

Phone \_\_\_\_\_ Address \_\_\_\_\_

\_\_\_\_\_ **YES!** I'm available to chaperone a study hall from 2:30-3:30 Tuesday or Thursday March 28<sup>th</sup> – June 8<sup>th</sup> - You will be contacted by email to schedule dates if needed.

**Send registration form and check for \$65.00 made payable to  
Bernards Township Health Department:**

*Bernards Township Municipal Alliance – Girls on Track  
262 South Finley Ave., Basking Ridge, NJ 07920*

**Any questions, please contact Kaitlin Kordusky at (908) 204-2523 or email at  
[KKordusky@bernards.org](mailto:KKordusky@bernards.org)**

***Program Sponsored By:***



**Somerset County Board  
of Chosen Freeholders**