



and



are back!

Girls on the Run is excited to offer its Girls on the Run (GOTR) and Girls on Track (GOT) programs at Milford Public School again this spring. And we are thrilled to invite Holland Township School's 3rd-8th grade girls to join the Milford Public School girls in the fun for the first time 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.** Our program is limited to 15 girls per team, who will be enrolled on a first-come, first-served basis!

Beginning the week of March 12, we will meet at Milford Public School on Tuesday and Thursday afternoons from 3:30-4:40PM. 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 are available to those who may require financial assistance. Please contact Council Director, Becky Testa, at gotrhunteron@comcast.net with questions about the program or to request a scholarship application.

If you have any questions about the program, please feel free to contact our Council Director, Becky Testa, at gotrhunterdon@comcast.net, or your site coordinator and head coach, Jan Gleason at milfordgleasonj@yahoo.com.

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

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