



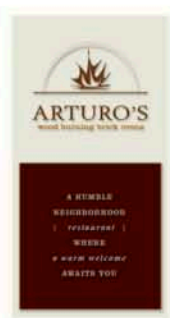
SPECIAL THANKS TO
OUR SPONSORS...



THE JUNIOR LEAGUE OF SUMMIT
Women building better communities®



Hopewell Valley Community Bank



GIRLS on the RUN NJ EAST



SPRING 2011

WHAT IS SOLEMATES?

Girls on the Run SoleMates® is the charity running leg of Girls on the Run (GOTR). It is a team of athletes who pursue individual goals to raise money for their local GOTR chapters so that, ultimately, every girl has the opportunity for a lifetime of self respect and healthy living.

The motivation for a SoleMate member is to make a difference in the future of girls, specifically in the areas of health, activity level, and self esteem. This desire is put into action by "running for a reason" – asking others in their personal circle for donations AND exercising their own version of health and wellness by running.

Just as SoleMates members are changed by their experience, GOTR uses running to transform the way girls see themselves and their opportunities. Our ultimate goal is to raise enough money to reach every girl, and to educate and prepare her for a lifetime of self respect and healthy living.

The BEST part is that ANYONE can join SoleMates if they are entering an athletic event and help GOTR NJ raise funds and awareness for our programs. Our fundraising minimum is only \$262 and our signature event is the NJ Shore Marathon (team relays and distances can vary). Please go to www.girlsontherunnj.org and click on "Sole Mates" for more information.

GIRLS ON THE RUN NJ EAST
PO BOX 896 MILLBURN, NJ 07041
www.girlsontherunnj.org



A LOT MORE THAN A RUNNING PROGRAM...

“Designed to educate & prepare girls for a lifetime of self-respect and healthy living.”



HOW IT WORKS

Girls On The Run® Program:

Designed for girls in grades 3 - 5

The program runs 10 weeks and participants meet twice/week for 1 hour and 15 minutes per session. The program concludes with a non-competitive 5k event which gives the girls a chance to shine and an overwhelming sense of accomplishment. It follows a nationally utilized curriculum with lessons including, "Being Emotional is Healthy", "Valuing What's Really Important", "Gossiping Hurts Everyone", "Standing up for Myself" and "It's Okay to Choose our Friends"

At the conclusion of the session, the participants will have achieved the following goals:

- Have a stronger sense of identity, improved self-esteem and improved body image*
- Formed a strong peer group relationship
- Have completed a 5k (3.1 mile) running/walking community event

* Academic evaluation of the program by Dr. Rita DiGiacchino DeBate (University of North Carolina Charlotte; Dept Health Behavior and Administration) shows a "statistically significant" improvement in body image, eating attitudes and self

Our program is proudly sponsored nationally by:



Programs run early April - mid June

Girls are encouraged to register if they can attend both sessions.
No make-up sessions will be scheduled for cancellations.

SPRING 2011 SCHEDULE OF SITES		
TOWN	DAYS/TIMES	SITE LOCATION
Berkeley Heights	Mon. 4:00-5:15	Columbia Park
	Sat. 9:30-10:45	
Chatham (* 4th/5th grade only)	Tues. 3:15-4:30	Lafayette Ave. School Twp Municipal Bldg.
	Sat. 8:45-10:00	
East Windsor/Highstown	Mon. 5:30-6:45	Peddie School
	Fri. 5:30-6:45	
Florham Park	Thurs. 3:45-5:00	Ridgedale Middle Sc Park
	Sat. 8:30 - 9:45	
Hopewell	Mon. & Thurs. 4 - 5:15	Independence Park, Pennington
Madison	Tues. & Fri. 3:30 - 4:45	Kings Rd School
Maplewood	Mon. 4-5:15	Memorial Park
	Sat. 9:30-10:45	
Millburn	Mon. & Thurs. 4:00 - 5:15	Taylor Park
SESSION 1 Millburn	Tues. 4:00 - 5:15	Taylor Park
SESSION 2 Montclair	Sat. 9:15 - 10:30	Brookdale Park
	Tues. 4-5:15	
Morristown SESSION 1	Sat. 9:45-11:00	Thomas Jefferson School
	Mon. & Wed. 3:30-4:45	
Parsippany	Mon. & Wed. 3:45-5:00	Littleton Elementary
Princeton	Mon. 3:45 - 5:00	Community Park North
	Sat. 9:45 - 11:00	
Summit SESSION 1	Mon. & Thurs. 4:00 - 5:15	Memorial Track (behind Brayton Elementary)
Summit SESSION 2	Wed. 4:00 - 5:15	Bryant Park
	Sat. 9:15 - 10:30	
Westfield	Tues. 3:45- 5	Roosevelt School
	Sat. 9:30 - 10:45	



REGISTRATION FORM

*Online registration is EASY & FAST @

www.girlsontherunnj.org

**registration is first-come, first-serve basis and some sites fill quickly*

Program Cost: \$185

Programs are available to students regardless of income. We will provide financial assistance. Please contact us at info@girlsontherunnj.org for more information

LOCATION: _____

SESSION: (days/times) _____

CHILD'S NAME: _____

GRADE: _____ SCHOOL: _____

PARENT/GUARDIAN NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

PHONE (home): _____

(cell): _____

EMAIL*: _____

**We will send program information throughout the season to this email address*

Send completed registration form and check, made payable to:

**GIRLS ON THE RUN NJ EAST
PO Box 896 • Millburn, NJ 07041**