

# Hello, Mountain Mover!

Girls in grades 3 - 8, get ready to build the confidence to do hard things. Join a team where you can make new friends and feel like you belong!



Are you ready to believe in yourself as you take on challenges?

HERE'S WHAT GIRLS ON THE RUN IS ALL ABOUT:



- Teams for girls in 3rd - 5th grade practice two times a week for eight weeks, girls in grades 6 - 8 practice once a week for 10 weeks.
- Trained, creative & kind coaches lead fun movement-based activities and discussions.
- Everyone experiences the joy of crossing the finish line of a 5K at the end of the season!

**Girls develop the skills to  
build confidence for life.**



**Join us in Union County  
this spring!**

We have teams meeting in Summit, Westfield, Cranford and other towns!

Registration fee: \$250 (includes end-of-season 5k fee)

Financial assistance is available



**SIGN UP!**



**CONTACT**

**Jane Collins**  
Union County Director

✉ Jane.collins@girlsontherun.org

☎ 908-337-9703

📅 Season starts: Week of April 7  
Celebratory 5k: May 31

**WWW.GIRLSONTHERUNNJ.ORG**