



Girls on the Run



The Bridgewater Recreation Department Presents
Girls on the Run – grades 3 - 5

Girls on the Run is a 10 week experiential running program for Bridgewater-Raritan girls in grades 3 – 5. The Program is designed to educate and prepare girls for a lifetime of self-respect and healthy living. Girls will have fun training for a 5K race while making friends and learning about themselves.

The emphasis is not on running but on having fun! The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three.

- WHO: Girls in grades 3 – 5 Bridgewater/Raritan Residents only!
- WHEN: Mondays & Wednesdays (April – June*)
- TIME: 7:00pm to 8:00pm*
- WHERE: Bridgewater-Raritan Middle School Track
- COST: \$30.00
- RACE DAY: Monday, June 8, 2009

* Dates, times and locations subject to change pending registration & permits*

Registration Deadline: Monday, March 30, 2009

Space is limited; registration is based on first come first serve with Bridgewater Recreation Department.

For more information about Girls on the run visit www.girlsontherun.org.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 100 Commons Way.) 9am to 5pm Monday to Thursday & 8am to 5pm on Fridays, drop registration off in the "REC" mailbox located in front of the Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 (908) 725-6373
Office hours 9am to 5pm Monday to Thursday & 8am to 5pm on Fridays www.bridgewaternj.gov

% _____ %
2009 Girls on the Run \$30.00 – checks payable to "Township of Bridgewater"

Last Name: _____ First Name: _____ Circle Grade: 3 4 5

Mailing Address: _____ Town: _____ Zip: _____

Home Phone #: _____ Parent Work #: _____

Parent Cell #: _____ Parent E-mail Address: _____

Emergency Contact Name: _____ Emergency Contact Phone #: _____

Birth date: ____/____/____

Age: _____

Please Circle:
Shirt Size
 Youth Small
 Youth Medium
 Youth Large
 Adult Small

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

If the participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations.
 Yes, I will need to be notified regarding special considerations for my child.

! _____ /____/____
 Parent/Guardian Signature Date

