



# Girls on Track



The Bridgewater Recreation Department Presents  
Girls on Track – grades 6 - 8

Girls on Track 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 6 - 8 Bridgewater/Raritan Residents only!  
WHEN: Thursdays 6:30pm to 8pm & Saturdays 9am to 10am (April 5<sup>th</sup> – June 7<sup>th</sup>)\*  
WHERE: Bridgewater-Raritan Middle School Track  
COST: \$30.00  
RACE DAY: Monday, June 7, 2010

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

Registration Deadline: Monday, March 29, 2010

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

For more information about Girls on Track visit [www.girlsontherun.org](http://www.girlsontherun.org).

Three ways to register! In person at the Bridgewater Recreation Department (Temporary Trailer – 100 Commons Way.) 9am to 5pm Monday to Thursday & 8am to 5pm on Fridays, drop registration off in the “REC” mailbox located on the front of the trailer 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](http://www.bridgewaternj.gov)

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2010 Girls on Track \$30.00 – checks payable to “Township of Bridgewater”

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Circle Grade: 6 7 8

Mailing Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Parent Work #: \_\_\_\_\_

Parent Cell #: \_\_\_\_\_ Parent E-mail Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone #: \_\_\_\_\_

Birthdate: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**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

