



I RUN FOR ANYWHERE. GIRLS **5K** | TOGETHER.

**Mother Nature changed the course. She didn't change the cause.
Because nothing stops a Girl Scout.**

The Orange Reservoir may not be our starting line this year, but **I Run for Girls is happening wherever you are.**

Grab your bib. Put on your I Run for Girls shirt. And join hundreds of Girl Scout supporters across our community as we **run, walk, and celebrate—together, even when we're apart.**



RUN IT.



WALK IT.



TREADMILL IT.



HIKE IT.



DANCE IT.

Just don't forget to do it for our Girl Scouts!

Your 5K can happen almost anywhere and as your schedule allows:

➤ Around your neighborhood

➤ On a treadmill

➤ At a local track

➤ At a park

➤ Walking with your family

➤ With your dog

➤ With your troop or team

➤ In three 1-mile chunks throughout the day

Safety first and always: If conditions allow, run or walk your 5K outdoors in the fresh, fall air. If not, participate indoors—or cheer on the Girl Scout community from home.

MEET US AT THE STARTING LINE!



Pick up your race materials

Get your **I Run for Girls shirt, bib, and medal** on one of two dates:

Girl Scout Leadership Center | 375 McCarter Hwy. Newark, NJ 07114

Saturday, October 3, 2026 | 10am-1pm

Girl Scouts Service Center | 201 E. Grove St. Westfield, NJ 07090

Sunday, October 4, 2026 | 1pm-4pm

YOU HAVE UNTIL SUNDAY, OCTOBER 11 TO RUN YOUR RACE!

You have one week, starting on Sunday, October 4 thru Sunday, October 11 to **run, walk, dance, stroll, or skip** your way across your personal finish line.

No matter where you do it, **you're still supporting Girl Scouts and the I Run for Girls event.**

IT'S GO TIME!

Wherever you are, whatever you're doing—your I Run for Girls 5K starts NOW!

RUN. WALK. HAVE FUN. MAKE IT YOUR OWN.

And when you cross your personal finish line:

- Hold up your medal
- Take a family photo
- Recreate the finish-line pose
- Take a photo with your troop or team
- Let your dog join the celebration
- Do your best victory dance



SHOW US HOW YOU RUN FOR GIRLS!

Follow Girl Scouts Heart of New Jersey on Facebook and Instagram.

Create a post or reel and **tag us @GSHeartofNJ** so we can find your content. Your photos and videos will be featured on our Facebook and Instagram channels throughout the week-long racing period.

Also, use these hashtags to amplify your post to other participants:

#GSHNJ #IRunForGirls5K

YOU DON'T HAVE TO CROSS THE SAME FINISH LINE TO MAKE A DIFFERENCE.

Wherever you run or walk, you're showing girls that when we move forward together, anything is possible.

Thank you for running for Girl Scouts.

RECAPPING YOUR I RUN FOR GIRLS 5K VIRTUAL EXPERIENCE

1. PICK UP YOUR RACE MATERIALS

Get your bib, shirt, and medal.

2. PICK YOUR ROUTE

Neighborhood, treadmill, track, trail—your choice!

3. START TOGETHER

Join us virtually on social media!

4. RUN OR WALK 5K

Take photos and videos along the way!

5. CROSS YOUR OWN FINISH LINE

Celebrate your accomplishment—and show off that medal!

6. SHARE IT!

Post your photos and tell us **why you run for girls.**

Don't forget to follow Girl Scouts Heart of New Jersey on Facebook and Instagram and to tag us @GSHeartofNJ and use #GSHNJ and #IRunForGirls5K so we can find and celebrate your race-day coverage!

