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River Edge Girls Athletic League

## Contenders Running Program Registration OPEN!

Register at: [www.regalsports.org](http://www.regalsports.org) by **Feb. 3, 2020**

**The REGAL Contenders Running Program is open to ALL students, girls and boys, attending any River Edge or Oradell Special Education programs including Building Bridges, Building Connections, River Dell Middle School, and High School, and any child who finds it challenging to participate in a structured running program.**

The format will be centered on running and physical fitness in a fun and non-competitive setting. Runners will have an opportunity to run in the River Edge Fun Run on March 28th. Volunteer coaches from REGAL and the River Dell Track and Cross Country programs will oversee the program but additional registered River Edge coaches and volunteers are needed to make this a big success.

Cost includes a shirt, practices, training program, registration for the River Edge Fun Run, pre-race pasta dinner.

Grades	1st - 12th grades
Cost	\$50
Dates	Feb. 9, 16, 23 Mar. 1, 8, 15, 22, 26*
Time	3-4pm
Location	RiverDell High School Gym/Track

\* March 26th: practice will be a stretch and yoga session at Cherry Hill from 6-7pm followed by a pre-race pasta dinner from 7-9pm.

Please contact Christine Wang for more information on the Contenders program: [chriswang413@gmail.com](mailto:chriswang413@gmail.com)