



**Girls on the Run of Sussex County**  
**Serving Bergen, Passaic, Hudson and Sussex**  
**Counties**

Please answer the following questions:

- Why is working with girls and/or running important to you?
- What component of the Ambassador program interests you the most?
- What quality do you possess that you would like to share with young girls?
- What makes you a good role model?
- Is community service required at your school? If so, how many hours per year?
- How did you first hear about Girls on the Run?

- If you could give your 10 year old self advice, what would it be?
  
- Who in your life has been a role model to you?



Short essay: Why do you want to be a Girls on the Run Ambassador and what makes you the best person for it? This essay will be used in the selection process.