



For girls in grades 6-8, we offer a program called Girls on Track.

The principal philosophies and psychological research that guide Girls on the Run and Girls on Track are the same. However, the curricula for Girls on Track includes discussions on topics targeted to older, middle school girls such as eating disorders, tobacco and alcohol use, personal/internet safety, and harassment.

Like Girls on the Run, the Girls on Track program is delivered by volunteer coaches, each of who undergoes training in the GOTR curriculum. All coaches submit to a background check and are CPR certified.

FAST FACTS

Girls on Track Program 2010

285 Girls Served in Northern Virginia

Spring '10 Season

124 Girls
8 Programs
8 Schools

Fall '10 Season

161 Girls
14 Programs
11 Schools

Girls on the Run® is a non-profit organization with the mission of educating and preparing girls in grades 3-8 for a lifetime of self-respect and healthy living. The innovative, experiential program combines training for a 5K running event, with self-esteem enhancing lessons that encourage positive emotional, social, mental,

spiritual, and physical development.

Girls on the Run of Northern Virginia was established in 2001, serving 2 initial sites with 27 girls. In 2010, we served over 6,000 girls at more than 200 sites in Northern Virginia. GOTR NOVA is led by an Executive Director and

governed by an 11-member Board of Directors. Our office is located in Fairfax, Virginia.

Girls on the Run of NOVA is an Independent Council of Girls on the Run International® which has a network of over 150 chapters across the United States and Canada serving tens of thousands of girls.