



Girls on the Run is an after school program that uses the power of running to help prepare girls in grades 3-5 for a lifetime of self-respect and healthy living. Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls.

The program focuses on building self-esteem and improving emotional and physical health. During the 10-week program, girls are empowered with greater self-awareness, a sense of achievement and a foundation in team building to help them become strong, contented and self-confident young women.

Each session is led by trained female coaches that guide and mentor girls through a fun and uplifting curriculum. Coaches teach specific life lessons such as dealing with body image and the media, resisting peer-pressure, making healthy decisions, and contributing to the community. Along the way, the girls train together to walk or run in a 5K (3.1 mile) event.

FAST FACTS

Girls on the Run Program 2010

6,224 Girls Served in Northern Virginia

Spring '10 Season

3,020 Girls
192 Programs
151 Schools

Fall '10 Season

3,204 Girls
195 Programs
141 Schools

Girls on the Run® is a non-profit organization with the mission of educating and preparing girls grades 3-5 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.