



PARENT NEWS

www.gotrnova.org

Happy Summer to you all...

We are all still working on making the next season at GOTR NOVA, the best season ever. The Spring 5K is complete and now we look forward to the Reindeer Romp 5K which will be held at Reston Town Center on December 4, 2010. We hope to see you all there.

...your GOTR NOVA Team

Very important dates & info...

- ★ **Fall 2010 Program begins:** October 4, 2010.
Get ready for another season of GOTR. We have a brand new curriculum!
- ★ **Reindeer Romp 2010 Race Day:** December 4, 2010. 7:30am at Reston Town Center. **Fall 2010 Program Ends:** December 17, 2010. Please note that the Program will continue after the 5K Event this year.

Please enjoy some quotes from the winners of the Secret 'How Does Girls on the Run Make You Fearless' essay contest.

- Even though I am little, I learned that I could encourage and help kids and adults. (3rd-5th grade)
- I don't need ruby slippers when I have running shoes. (3rd-5th grade)
- Amazingly, GOTR has trained me, a girl who didn't have confidence, who never ran a mile, to be able to finish the 5K with pride and courage. (3rd-5th grade)
- I became fearless of what people thought of me from the outside, because at GOTR, I learned that it's what's on the inside that counts. (6th-8th grade)
- If I can run eight laps at GOTR, I can do this. (6th-8th grade)
- I am running away from doubt. And I see confidence at the finish line. (6th-8th grade)
- I realized it didn't matter what people thought of me, as long as I was happy with myself. I wasn't afraid to be bold anymore. (6th-8th grade)

To read more, go to www.girlsontherun.org

RUN FOR A GREAT CAUSE!

Pacers Events Race Series has partnered with us at GOTR NOVA & SoleMates®



We are delighted to announce that Pacers Running Stores have partnered with us at GOTR NOVA. Now, when you register for any Pacers Event in their 2010 & 2011 Race Series - you will be able to sign up with GOTR NOVA SoleMates® and run to raise money for scholarships for girls in need in the NOVA area.

You will be responsible for raising \$262 or more and will receive a special SoleMates® welcome kit from GOTR International and all the support you need to help secure donations.

Pacers has kindly offered to match \$262 for the first 13 registrants - so you can double your donation! Why not run your next 5K or 10K for a great cause.

Pacers Events Race Series - Upcoming Events.

Crystal City Twilighter 5K - July 24, 2010

Clarendon Day 10K, 5K & Kids Dash - September 25, 2010

Fairfax Four Miler - December 31, 2010

Join our new Facebook Page NOW!



We are updating our facebook page continuously and there is a wealth of GOTR NOVA info available to you as well as links to photos, 5K video and other great resources.
Go on! - Hit 'Like'

Stay in touch!



COACHES WANTED

Do you know anyone who is interested in becoming a GOTR NOVA Coach?

We will try to place any interested volunteers with a school in their preferred geographical area.

Being a GOTR Coach is a life-changing experience. You don't even have to be a runner - enthusiasm is the main requirement!

Need more info: [click here](#)

