

For Immediate Release  
October 4, 2010

Che Parker  
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## **INOVA HEALTH SYSTEM PARTNERS WITH GIRLS ON THE RUN TO OFFER CPR TRAINING**

Falls Church, VA -- Nurses from Inova HealthSource are teaching cardiopulmonary resuscitation or CPR to coaches from Girls on the Run of Northern Virginia (GOTR NOVA), a curriculum-based youth development program for girls in the third through eighth grades that educates and prepares participants for a lifetime of self-respect and healthy living.

“At Inova, we’re committed to children’s health, so partnering with a community-based organization like Girls on the Run truly furthers our mission to provide education and wellness training for the people we serve,” said Anne Rieger, RN, MBA, Assistant Vice President, Community Safety Net, Inova Health System. “Girls on the Run encourages the health and well-being of young girls, so it was natural for our two organizations to partner on a life-saving matter like CPR training.”

"Having a partner like Inova provides GOTR NOVA with great confidence that our coaches are well-prepared to safely deliver our program. Like Inova, GOTR NOVA is committed to the health and well-being of the girls of Northern Virginia," said Catherine Keightley, Executive Director, Girls on the Run of Northern Virginia.

Girls on the Run of Northern Virginia currently serves 200 public and private schools across Arlington, Fairfax, Loudoun, Prince William and Stafford counties, as well as Alexandria City, Falls Church, Manassas City and Manassas Park public school

systems. Inova expects to train up to 150 GOTR coaches, providing ongoing training and resources to GOTR instructors as needed.

“The CPR training through Inova was efficient and informative. I definitely left feeling confident that I could properly perform CPR if the need ever arises,” said GOTR NOVA Coach Stephanie Wright, Douglas MacArthur Elementary School. “The instructors were great, personable and very knowledgeable.”

For more information about Girls on the Run of Northern Virginia, visit [www.gotrnova.org](http://www.gotrnova.org).

*Girls on the Run of Northern Virginia (a 501(c)(3) non-profit organization) offers a curriculum-based youth development program for girls in the third through eighth grades. The goal of the program is to educate and prepare girls for a lifetime of self-respect and healthy living. The curriculum is delivered in 10-week sessions by volunteer coaches who have been trained by GOTR NOVA and culminates in a celebratory 5K running event.*

*Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova’s mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.*

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Girls on the Run of NOVA 10560 Main Street, Suite 514, Fairfax, VA 22030

# Press Release

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**GIRLS ON THE RUN OF NORTHERN VIRGINIA RECOGNIZED ON HOUSE AND SENATE  
FLOORS IN RICHMOND FOR ITS WORK WITH GIRLS IN THE COMMUNITY**

The Girls on the Run of NOVA team traveled to the Virginia State Capitol in Richmond on February 20, 2010 to personally meet the entire Northern Virginia Delegation (37 members), and raise awareness of Girls on the Run. GOTR NOVA was recognized for its work serving girls in Northern Virginia on both the House and Senate floors, before 140 delegates, senators and staff.

Girls on the Run® is a non-profit organization with the mission of educating and preparing girls ages 8-13 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.

More than 3000 girls in over 200 N.Virginia schools participate in the program, the largest chapter of Girls on the Run in the country.

For more information: [www.gotrnova.org](http://www.gotrnova.org)



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# Press Release

Contact: Catherine Keightley  
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Run of Northern Virginia  
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FOR IMMEDIATE RELEASE  
9 A.M. November 24th, 2009

**6500 GIRLS AND BUDDIES TO PARTICIPATE IN THE GIRLS ON THE RUN  
REINDEER ROMP 5 K SPONSORED BY ARGON ST**

Girls on the Run of Northern Virginia will hold its 5 K fun run to complete its Fall 2009 program at Reston Town Center on Saturday, December 5<sup>th</sup>, 2009 at 8:30 a.m. Over 3000 girls in nearly 180 schools from all over Northern Virginia have participated for the last 10 weeks in our Girls on the Run program to empower girls with a greater sense of self-awareness, self esteem and healthy living through the power of running. This run is the culmination and celebration of their efforts, and pairs the girls with a buddy runner to help them achieve their goals.

GOTR NOVA is grateful to our presenting sponsor [Argon ST](http://www.argonst.com)

(<http://www.argonst.com>) for its generous support of the 2009 Girls on the Run Reindeer Romp 5K. Additional sponsors include Fitness Together ([www.FTCustomFitness.com](http://www.FTCustomFitness.com)), PTR Group, Potomac River Running, and Reston Town Center.

For more information about the run, contact Catherine at the number above or check our web site:

[http://www.girlsontherunofnova.org/dec2009\\_race/dec09\\_event\\_info.html](http://www.girlsontherunofnova.org/dec2009_race/dec09_event_info.html)