

Girls on the Run of NOVA

Quick Facts



What is Girls on the Run®?

Girls on the Run® inspires 3rd through 8th grade girls to stay true to themselves and live free from societal stereotypes. The 10-week after-school curriculum innovatively weaves training for a 5K run with lessons that empower girls to celebrate their bodies, honor their voices and embrace their gifts.

What are the objectives of Girls on the Run®?

The Girls on the Run® objective is to reduce the potential display of at-risk activities among its participants. The goal is fewer adolescent pregnancies and eating disorders, less depression and suicide attempts, as well as fewer substance/alcohol abuse problems and confrontations with the juvenile justice system.

When was Girls on the Run® founded?

Molly Barker, a four-time Hawaii Ironman triathlete, established the program in August of 1996 to celebrate the gifts of girlhood and to address what she calls "Girl-Box" issues. She is a former high school teacher and track coach. She has also worked as a college counselor at a small private college addressing the needs of women with eating disorders, alcohol and substance abuse problems and depression.

The product of Molly's experience, Girls on the Run® is one way to provide pre-adolescent girls with enabling tools to embrace their girlhood gifts as they enter middle and high school, and then on into adulthood.

When did Girls on the Run® come to Northern Virginia?

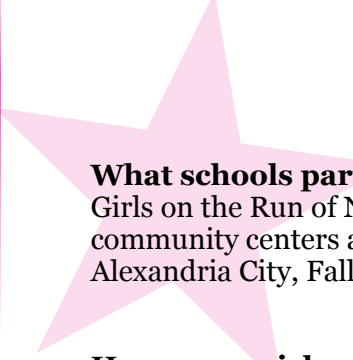
Girls on the Run of NOVA was established in 2001 as a non-profit organization serving 2 initial sites with 27 girls. By the fall of 2005, it was serving 42 sites with well over 650 girls. We now serve approximately 3,000 girls at more than 200 sites each season. On a National level, the program has expanded to over 150 councils across the country and into Canada, and serves more than 60,000 girls annually. GOTR NOVA serves 10% of the entire organization.

What is Girls on Track?

Girls on the Run is the name of our organization, but we have two programs:

- ★ Girls on the Run® -- for 3rd-5th graders
- ★ Girls on Track -- for 6th-8th graders

Girls were having so much fun and felt so connected to Girls on the Run® that this second program was added in 1996 to carry the girls through middle school. 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 and Internet safety and harassment.



What schools participate in Girls on the Run® or Girls on Track?

Girls on the Run of NOVA operates over 200 programs at more than 170 public and private schools, and community centers across Arlington, Fairfax, Loudoun, Prince William and Stafford counties, as well as Alexandria City, Falls Church City, Manassas, and Manassas Park.

How many girls participate in Girls on the Run® or Girls on Track?

Over 3,000 girls participate in the program each season. More than 6,000 girls in Northern Virginia are served each year. Approximately 30% of the girls are receiving financial assistance to participate, and no girl is ever turned away due to financial need.

When is the Girls on the Run of NOVA 5K held?

The 5K run is the celebration and culmination of the 10-week program, and is held twice a year in December and May at outdoor venues in Northern Virginia. Girls run or walk together with a family member or volunteer buddy runner to complete the 5K run (3.1 miles). The Girls on the Run of NOVA 5K is the 2nd largest 5K in Northern Virginia, and the 2nd largest in the DC Metro area after the Susan G. Komen Race for the Cure.

How is Girls on the Run of NOVA operated?

GOTR of NOVA is a 501c3 organization with an operating budget of approximately \$800K. The staff is led by an Executive Director, and is currently comprised of four full-time employees. Catherine Keightley began her tenure as the 3rd ED of Girls on the Run of NOVA in June of 2009. GOTR of NOVA is governed by an 11-member Board of Directors.

The program is delivered by volunteer coaches, each of whom undergoes training in the GOTR curriculum. All coaches submit to a background check and are CPR certified.

How can I learn more about Girls on the Run of Northern Virginia?

To learn more or find a program near you, visit gotrnova.org.

