



Fall 2017

Girls on the Run and Heart & Sole Teams

The following schools are confirmed Girls on the Run or Heart & Sole sites for the Fall 2017 season. If your school is not listed and you would like to start a program at your school, please contact Theresa Fitzpatrick at tfitzpatrick@gotrnova.org.

Please note that practice days and times listed below are subject to change.

H&S denotes a Heart & Sole program. GOTR denotes a Girls on the Run program. If there is no designation, it is a GOTR-only site.

Alexandria City	
Burgundy Farm Country Day School	Tu/Fri 3:15-4:30pm
Douglas MacArthur Elementary School	M/W 2:45-3:45pm
James K. Polk Elementary School	Tu/Th 2:45-3:45pm
Lyles-Crouch Traditional Academy	Tu/Th 2:45-3:45pm

Arlington County	
Arlington Science Focus Elementary School	Tu/Th 7:30-8:30am
Arlington Traditional School	Tu/Th 3:15-4:15pm
Discovery Elementary School – AM TEAM	Tu/F 7:45-8:45pm
Discovery Elementary School – PM TEAM	Tu/F 3:45-5:00pm
Drew Model Elementary School	Tu/Th 7:30-8:45am
Francis Scott Key Elementary School	Tu/Th 7:30-8:45am
Jamestown Elementary School	Tu/Th 7:45-8:45am
Nottingham Elementary School	W/Fri 7:45-9:00am
Oakridge Elementary School	Tu/Th 3:45-5:00pm
Taylor Elementary School – AM TEAM	M/W 7:50-8:50am
Taylor Elementary School – PM TEAM	Tu/Th 3:45-4:45pm
Tuckahoe Elementary School	M/W 3:45-4:45pm
Williamsburg Middle School - HEART & SOLE	Tu/Th 2:30-3:50pm

Falls Church City	
Thomas Jefferson Elementary School	Tu/Th 7:15-8:30am

Fairfax County	
Armstrong Elementary School	M/Th 4:00-5:00pm
Belle View Elementary School	W/F 4:00-5:15pm
Bonnie Brae Elementary School	M/W 3:30-4:45pm
Brookfield Elementary School	M/W 3:15-4:30pm
Bull Run Elementary School	Tu/Th 4:00-5:15pm
Buzz Aldrin Elementary School	W/F 8:00-9:00am
Canterbury Woods Elementary School	Tu/Th 4:00-5:15pm
Cardinal Forest Elementary School	Tu/Th 7:40-8:40am
Chesterbrook Elementary School	Tu/Th 3:30-4:45pm
Columbia Elementary School	Tu/Th 4:15-5:15pm



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Clermont Elementary School	<i>W/F 4:10-5:15pm</i>
Creekside Community Center – United Community Ministries – GIRLS ON THE RUN	<i>M/F 4:30-5:30pm</i>
Creekside Community Center – United Community Ministries – HEART & SOLE	<i>M/F 4:30-5:30pm</i>
Crossfield Elementary School	<i>Tu/Th 8:00-9:00am</i>
Cunningham Park Elementary School	<i>Tu/W 3:30-4:30pm</i>
Daniels Run Elementary School	<i>Tu/Th 4:00-5:00pm</i>
Dogwood Elementary School	<i>Tu/Th 3:45-5:00pm</i>
Fox Mill Elementary School	<i>Tu/Th 3:30-4:45pm</i>
Flint Hill Elementary School	<i>Tu/Th 7:30-8:30am</i>
Floris Elementary School	<i>M/W 8:00-9:00am</i>
Franklin Sherman Elementary School	<i>Tu/Th 4:15-5:15pm</i>
Great Falls Elementary School	<i>Tu/Th 7:40-8:40am</i>
Greenbriar East Elementary School	<i>Tu/Th 7:45-9:00am</i>
Haycock Elementary School	<i>M/Th 8:00-9:00am</i>
Hayfield Elementary School	<i>Tu/Th 3:30-4:30pm</i>
Hybla Valley Elementary School	<i>M/W 4:15-5:30pm</i>
Kent Gardens Elementary School – GIRLS ON THE RUN	<i>Tu/Th 3:45-4:45pm</i>
Kent Gardens Elementary School – HEART & SOLE	<i>Tu/Th 3:45-4:45pm</i>
Lake Anne Elementary School	<i>Tu/Th 7:30-8:30am</i>
Langley School	<i>M/F 3:10-4:30pm</i>
Laurel Hill Elementary School	<i>Tu/Th 4:15-5:15pm</i>
Lemon Road Elementary School	<i>Tu/Th 3:00-4:15pm</i>
Little Run Elementary School	<i>Tu/Th 3:15-4:45pm</i>
Lorton Station Elementary School	<i>M/W 4:15-5:15pm</i>
Louise Archer Elementary School	<i>Tu/Th 4:15-5:15pm</i>
Oakton Elementary School	<i>Tu/Th 7:45-9:00am</i>
Oak View Elementary School	<i>Tu/Th 3:30-4:30pm</i>
Orange Hunt Elementary School	<i>Tu/Th 3:30-4:45pm</i>
Parliaments Apartments – SMC – GIRLS ON THE RUN	<i>Tu 5:00-6:30pm Sat 8:00-9:30am</i>
Parliaments Apartments – SMC – HEART & SOLE	<i>Tu 5:00-6:30pm Sat 8:00-9:30am</i>
Poplar Tree Elementary School	<i>Tu/Th 3:35-4:50pm</i>
Rachel Carson Middle School – HEART & SOLE	<i>M/W 2:30-4:30pm</i>



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Riverside Elementary School	Tu/Th 4:15-5:15pm
Saratoga Elementary School	Tu/Th 4:00-5:30pm
Shrewewood Elementary School	Tu/Th 7:45-9:00am
Silverbrook Elementary School	M/Th 3:45-4:45pm
St. Louis Catholic School – GIRLS ON THE RUN	W/F 3:15-4:45pm
St. Louis Catholic School – HEART & SOLE	W/F 3:15-4:45pm
Stratford Landing Elementary School	M/W 4:00-5:00pm
Timber Lane Elementary School	M/W 3:35-4:35pm
Wakefield Forest Elementary School – GIRLS ON THE RUN	Tu/Th 7:00-8:30am
Wakefield Forest Elementary School – HEART & SOLE	Tu/Th 7:00-8:30am
Waples Mill Elementary School	M/W 8:00-9:00am
Westbriar Elementary School	M/W 8:00-9:00am
William Halley Elementary School	Tu/F 8:00-9:00am

Loudon County

Arcola Elementary School	M/W 2:50-3:50pm
Buffalo Trail Elementary School	Tu/Th 2:45-4:00pm
Catoctin Elementary School	M/W 2:45-3:45pm
Farmwell Station Middle School HEART & SOLE	Tu/Th 7:10-8:10am
Frederick Douglass Elementary School	Tu/Th 2:45-4:00pm
J. Michael Lunsford Middle School HEART & SOLE	W/Th 3:45-4:30pm
Liberty Elementary School	M/W 2:45-4:00pm
Loudoun Country Day School	Tu/Th 3:45-5:00pm
Lowes Island Elementary School	Tu/Th 2:45-4:00pm
Rolling Ridge Elementary School	M/W 2:45-3:45pm
Rosa Lee Carter Elementary School	M/W 2:45-4:00pm
Sterling Elementary School	M/F 3:00-4:15pm
St. Theresa Catholic School	Tu/Th 3:30-4:30pm
Sugarland Elementary School	M/W 2:45-3:45pm

Manassas City

Mayfield Intermediate School H&S	Tu/Th 2:45-4:00pm
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Girls on the Run of Northern Virginia
 10560 Main St. Suite 514 Fairfax, VA 22030
 703.273.3153
www.gotrnova.org
 Updated September 20, 2017



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Manassas Park City	
Manassas Park Elementary School	<i>Tu/Th 3:30-5:00pm</i>

Prince William County	
Bayvue Apartments – SMC	<i>Tu/W 4:00-5:15pm</i>
Cedar Point Elementary School	<i>Tu/Th 3:45-5:00pm</i>
Chris Yung Elementary School	<i>M/W 4:00-5:00pm</i>
Glenkirk Elementary School	<i>Tu/Th 4:00-5:00pm</i>
Loch Lomond Elementary School	<i>M/W 4:00-5:15pm</i>
Longview Apartments – SMC – GIRLS ON THE RUN	<i>M/W 3:00-4:15pm</i>
Longview Apartments – SMC – HEART & SOLE	<i>Tu/Th 3:00-4:30pm</i>
Marumscos Hills Elementary School	<i>M/W 3:45-5:00pm</i>
Montclair Elementary School	<i>Tu/Th 3:45-5:15pm</i>
Potomac View Elementary School	<i>Tu/Th 3:45-5:00pm</i>
Rosa Parks Elementary School	<i>M/Th 3:45-5:00pm</i>
Signal Hill Elementary School	<i>M/W 4:00-5:30pm</i>
Sinclair Elementary School	<i>Tu/Th 3:00-4:00pm</i>
T. Clay Wood Elementary School	<i>M/W 4:00-5:15pm</i>
Thurgood Marshall Elementary School	<i>M/Th 3:45-5:00pm</i>
Westridge Elementary School	<i>Tu/Th 4:00-5:15pm</i>