

2010 SESSION

ENROLLED

HOUSE JOINT RESOLUTION NO. 326

Commending Girls on the Run of Northern Virginia.

Agreed to by the House of Delegates, February 26, 2010
Agreed to by the Senate, March 4, 2010

WHEREAS, Girls on the Run of Northern Virginia is commended for its work to encourage healthy lifestyles and self-respect for the preteen girls of Northern Virginia; and

WHEREAS, founded in 2001, Girls on the Run of Northern Virginia is the largest council of the international organization Girls on the Run, which serves over 60,000 girls annually in North America; and

WHEREAS, Girls on the Run of Northern Virginia has an afterschool curriculum that innovatively weaves training for a 5K run with lessons that empower girls to celebrate their bodies, honor their voices, and embrace their gifts; and

WHEREAS, the afterschool program culminates in the Girls on the Run of NOVA 5K run, the largest in the Northern Virginia area and second largest in the D.C. Metro area; and

WHEREAS, Girls on the Run of Northern Virginia has two programs, Girls on the Run for third through fifth graders and Girls on Track for sixth through eighth graders; the Girls on Track program includes discussions on topics such as eating disorders, tobacco and alcohol use, personal/Internet safety, and harassment; and

WHEREAS, Girls on the Run of Northern Virginia operates over 200 programs at public and private schools and community centers across Arlington, Fairfax, Loudoun, and Prince William Counties as well as the Cities of Alexandria, Falls Church, Manassas, and Manassas Park; and

WHEREAS, Girls on the Run of Northern Virginia began serving two schools with 27 girls and anticipates serving 3,000 girls at 200 schools during the Spring 2010 season; since its inception, Girls on the Run of Northern Virginia has served more than 20,000 girls in Northern Virginia; and

WHEREAS, Girls on the Run of Northern Virginia is open to all girls who want to participate; in 2008, approximately 30 percent of participants received financial assistance; and

WHEREAS, Girls on the Run of Northern Virginia receives valuable support from the community as parents, teachers, coaches, and buddy runners volunteer and serve as role models for the participants; and

WHEREAS, recent academic studies have revealed statistically significant differences in self-esteem, body size satisfaction, and vigorous physical activity frequency in girls who have participated in a Girls on the Run program; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly commend Girls on the Run of Northern Virginia for its outstanding work with the preteen girls of Northern Virginia; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Catherine Keightley, executive director of Girls on the Run of Northern Virginia, as an expression of the General Assembly's admiration and respect for the organization's commitment to building healthy, strong, and self-confident young women.

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