



A Letter from a GOTR NOVA Parent ...

Hello Ms. Keightley,

I found your name as the Executive Director of Girls on The Run NOVA on the website. I just wanted to take a moment to express my deepest gratitude about what an exceptional experience GOTR has been for my daughter... for me too.

My daughter is enrolled in a special education class. Finding her extra-curricular fitness activities that will be "successful" can be difficult. Between her developmental struggles and a safety concern, it's nearly impossible. And it's particularly sad because my daughter wants to run, and is built for running: long, strong legs and lots of energy! For years I've tried unsuccessfully to locate a suitable track program. Even tried to get her to run with me; but being the mom, her interest was less than enthusiastic.

Then along came GOTR. It turned out to be even better than I could have dreamed, for endless reasons!

Most importantly, because of the coaches. The kind, patient, motivating, sensitive coaches. They successfully created an environment that my daughter not only "fit in," but excelled, and LOVED (not a common phenomena for my little one). Every moment, from the very first practice through crossing the 5K finish line, coaches infused her with confidence in her ability and herself. She took those messages to heart. She also looked forward to their notes sent home each week, their fitness gifts, along with all the ways she was challenged to maximize her potential. She and the girls felt part of not just a "girls club," but a cohesive, bonded team. Well done, GOTR coaches!!

I personally was impacted too. To watch how seriously she took GOTR was an exciting new thing for me! Every practice- eve seeing her initiate the packing her GOTR clothes, panicking if she couldn't find the GOTR-gifted water bottle, etc. Also witnessing visible, tangible signs of the rise of her self-esteem ... it's more than words can describe. Finally when GOTR gifted her quality running shoes, shoes I won't afford in her lifetime, I was grateful beyond words.

There's so many more compliments I could give about the fun bus ride to and from the race, the shirts and pizza party/medals, etc. etc. -- the list goes on and on.

So on behalf of my daughter and myself, we thank you, thank you, thank you!!!!!! Because of GOTR she now loves running. Even on her own, or with me! And cannot wait to return to GOTR this Spring. By the way, GOTR confirmed that indeed she is a strong runner-- she did the 5K in just under 42 minutes!!!!!!

Sincerely,

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