



Girls on the Run is an after school program that uses the power of running to help prepare girls in grades 3-5 for a lifetime of self-respect and healthy living. Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls.

The program focuses on building self-esteem and improving emotional and physical health. During the 12-week program, girls are empowered with greater self-awareness, a sense of achievement and a foundation in team building to help them become strong, contented and self-confident young women.

Each session is led by trained female coaches that guide and mentor girls through a fun and uplifting curriculum. Coaches teach specific life lessons such as dealing with body image and the media, resisting peer-pressure, making healthy decisions, and contributing to the community. Along the way, the girls train together to walk or run in a 5K (3.1 mile) event.

FAST FACTS

Girls on the Run Program Spring '10

Number of Participants: 3,020

Number of Teams: 192

Number of Sites: 151

New Sites this Season: 15

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.

Girls on the Run of Northern Virginia was established in 2001, serving 2 initial sites with 27 girls. During the Fall 2009 season, we served over 3,300 girls at 185 sites in Northern Virginia. GOTR NOVA is led by an Executive Director and

governed by an 11-member Board of Directors. Our office is located in Fairfax, Virginia.

Girls on the Run of NOVA is an Affiliate Council of Girls on the Run International® which has a network of over 150 chapters across the United States and Canada serving tens of thousands of girls.