

Girls on the Run of Northern Virginia



#GOTRSpotlight

Eliza Smallwood

GOTR NOVA Alumni

Fall 2008

The Potomac School

“Strong Girls... Are fast girls!”

What advice would you give girls starting GOTR NOVA?

One of the most important things to get out of the program is just the idea of running and how healthy and therapeutic it can be and **GOTR really introduces girls to something they can keep doing their entire life.**

What's your most memorable GOTR moment?

Probably our practice 5k, which was extremely hard as someone who had never even ran 2 miles before GOTR. I remember after an exhausting 12 laps on the track and 12 rubber bands on my wrist that I began to start cheering on the other girls. As more girls finished there ended up being one last girl who was a few laps behind the person in second to last. At this point there were maybe 50 4th and 5th graders cheering on this one girl. **Looking back this really reminds me of the culture of running sports. Running is competitive, but GOTR shows how important it is to be there for your teammates.**

Do you still run today?

I run cross country and spring track for The Potomac School.



When have you leaned on GOTR experience?

Last summer I had a tough decision to make. I pondered whether to risk trying out for soccer and maybe making JV again, or to do cross country where I didn't have quite as many friends. GOTR actually gave me a fair amount of confidence and sway in this decision because it was a time where I was running two days a week for about 1.5-2 miles, which was a lot at that age. I thought that if I could run a 5k as an 11 year old girl, then I could definitely do it as a 16 year old teenager.

What are you proud to you do “Like a Girl”?

I am proud to love like a girl.



Photos:

Eliza at a track meet &

Eliza acting as a buddy runner for her sister

Alden at the GOTR NOVA Spring 5k this year.