



# Spring 2017

## Girls on the Run and Heart & Sole Teams

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

Alexandria City	
Campagna Kids at Tucker Elementary School	W/F 4:00-5:30pm
Douglas MacArthur Elementary School	M/W 2:45-3:45pm
James K. Polk Elementary School	Tu/Th 2:45-3:45pm
Jefferson-Houston School	Tu/Th 2:45-4:00pm
Lyles-Crouch Traditional Academy	Tu/Th 2:45-3:00pm

Arlington County	
Arlington Science Focus School	Tu/Th 7:30-8:30am
Arlington Traditional School	Tu/F 3:15-4:30pm
Ashlawn Elementary School	M/W 3:45-4:45pm
Barcroft Elementary School	M/W 4:00-5:00pm
Campbell Elementary School	Tu/W 2:45-4:00pm
Discovery Elementary School – AM TEAM	Tu/F 7:45-8:45am
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 3:45-5:00pm
Jamestown Elementary School	Tu/Th 7:45-8:45am
Kenmore Middle School H&S	Tu/F 2:30-3:30pm
Long Branch Elementary School	Tu/Th 3:15-4:15pm
Nottingham Elementary School – AM TEAM	M/W 7:45-8:45am
<del>Nottingham Elementary School – PM TEAM</del>	<del>Tu/Th 3:15-4:15pm</del>
Oakridge Elementary School	Tu/Th 3:45-4:45pm
St. Agnes Catholic School	M/Th 3:30-5:00pm
Taylor Elementary School- AM TEAM	M/W 7:50-8:50am
Taylor Elementary School- AM TEAM	Tu/Th 3:45-4:45pm
Tuckahoe Elementary School	M/W 3:50-4:50pm
Williamsburg Middle School H&S	Tu/Th 2:30-3:50pm

Fairfax County	
Armstrong Elementary School	M/Th 4:00-5:30pm
Auburn School-Fairfax Campus	M/W 2:30-3:45pm
Belle View Elementary School	W/F 4:00-5:30pm
Bonnie Brae Elementary School	M/W 3:15-4:30pm
Bull Run Elementary School	Tu/Th 4:00-5:15pm

**Girls on the Run of Northern Virginia**  
 10560 Main St. Suite 514 Fairfax, VA 22030  
 703.273.3153  
[www.gotrnova.org](http://www.gotrnova.org)  
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Fairfax County (cont.)	
Bush Hill Elementary School	Tu/Th 4:00-5:00pm
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
Centerville Elementary School – AM TEAM	W/F 8:00-9:00am
Centerville Elementary School – PM TEAM	Tu/Th 4:00-5:00pm
Chesterbrook Elementary School	Tu/Th 4:00-5:00pm
Churchill Road Elementary School	M/W 3:30-4:45pm
Creekside Community Center – United Community Ministries	M/F 4:30-5:30pm
Cunningham Park Elementary School	Tu/Th 3:30-4:30pm
Deer Park Elementary School	M/W 3:45-4:45pm
Dogwood Elementary School	Tu/Th 3:45-5:00pm
Flint Hill Elementary School	Tu/Th 7:30-8:30am
Fox Mill Elementary School – GIRLS ON THE RUN	Tu/Th 3:40-4:50pm
Fox Mill Elementary School – HEART & SOLE	Tu/Th 3:40-4:50pm
Franklin Sherman Elementary School	Tu/Th 4:15-5:15pm
Gesher Jewish Day School - GIRLS ON THE RUN	M/W 3:45-5:00pm
<del>Gesher Jewish Day School – HEART &amp; SOLE</del>	<del>MAW 3:45-5:00pm</del>
Great Falls Elementary School	Tu/Th 7:40-8:40am
Greenbriar East Elementary School	Tu/Th 7:45-9:00am
Gunston Elementary School	Tu/Th 3:30-4:30pm
Haycock Elementary School	M/Th 8:00-9:00am
Hayfield Elementary School	T/Th 3:30-4:30pm
Hybla Valley Elementary School	M/W 4:15-5:30pm
Island Creek Elementary School	Tu/Th 3:40-4:40pm
Keene Mill Elementary School	W/F 8:00-9:00am
Kent Gardens Elementary School – GIRLS ON THE RUN	Tu/Th 3:45-4:45pm
Kent Gardens Elementary School – HEART & SOLE	Tu/Th 3:45-4:45pm
Lake Anne Elementary School	W/F 7:30-8:30am
Langley School	Tu/Th 3:15-4:30pm
Laurel Hill Elementary School	Tu/Th 4:15-5:15pm
Lemon Road Elementary School	Tu/Th 3:00-4:10pm
Little Run Elementary School	Tu/Th 3:15-4:30pm

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Fairfax County (cont.)	
Louise Archer Elementary School	Tu/Th 4:15-5:15pm
Lutie Lewis Coates Elementary School	Tu/Th 4:15-5:15pm
Mason Crest Elementary School	Tu/Th 4:15-5:15pm
Navy Elementary School	Tu/Th 3:30-4:30pm
Oakton Elementary School	Tu/Th 7:45-9:00am
Oak View Elementary School	Tu/Th 3:30-4:30pm
Orange Hunt Elementary School	Tu/Th 3:30-4:45pm
Poplar Tree Elementary School	Tu/Th 3:35-4:35pm
Providence Elementary School	Tu/Th 3:30-4:30pm
Saratoga Elementary School	Tu/Th 4:00-5:30pm
Shreveewood Elementary School	Tu/Th 7:45-9:00am
Silverbrook Elementary School	Tu/Th 3:40-4:40pm
St. Leo the Great Catholic School – GIRLS ON THE RUN	M/Th 3:30-4:45
<del>St. Leo the Great Catholic School – HEART &amp; SOLE</del>	<del>M/Th 3:30-4:45</del>
Stratford Landing Elementary School	M/W 4:00-5:00pm
Terra Centre Elementary School	M/F 3:30-4:30pm
Timber Lane Elementary School	M/W 3:30-4:30pm
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 – GIRLS ON THE RUN	M/W 8:00-9:00am
Waples Mill Elementary School – HEART & SOLE	Tu/Th 8:00-9:00am
Wayneewood Elementary School	M/W 4:15-5:15pm
Westbriar Elementary School	M/W 8:00-9:00am
Westgate Elementary School	M/W 3:45-4:45pm
William Halley Elementary School	Tu/F 8:00-9:00am

Falls Church City	
Thomas Jefferson Elementary School	Tu/Th 7:30-8:30am
St. James Catholic School	T 3:15-4:15am/Sat 8:30-9:45am

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Loudoun County	
Arcola Elementary School	W/F 2:45-3:30pm
Catoctin Elementary School	M/W 2:45-3:45pm
Cool Springs Elementary School	M/Th 2:30-4:00pm
<del>Countryside Elementary School</del>	<del>MAW 2:45-3:45pm</del>
Farmwell Station Middle School - Heart & Sole	Tu/Th 7:10-8:10am
Forest Grove Elementary School	M/W 2:45-4:00pm
Frederick Douglass Elementary School	M/W 2:30-4:00pm
Guilford Elementary School	M/W 3:00-4:00pm
Kenneth Culbert Elementary School	W/F 2:24-3:45pm
Loudoun Country Day School	Tu/Th 3:30-4:30pm
Potowmack Elementary School	M/W 2:45-3:45pm
Rolling Ridge Elementary School	M/W 2:45-3:45pm
Rosa Lee Carter Elementary School	M/W 2:45-3:45pm
Sugarland Elementary School	M/W 2:45-3:45pm
Sycolin Creek Elementary School	Th/F 2:45-4:00pm

Manassas City	
Mayfield Intermediate School	M/W 2:45-4:00pm
Weems Elementary School	M/W 4:15-5:15pm

Prince William County	
Cedar Point Elementary School	Tu/Th 3:45-5:00pm
Chris Yung Elementary School	M/W 4:00-5:00pm
Featherstone Elementary School	M 3:40-4:40pm, W 7:40-8:40am
Haymarket Elementary School	Tu/Th 3:50-4:50
Kerrydale Elementary School	M 7:45-8:45am, Th 4:00-5:00pm
Kilby Elementary School	Tu/Th 3:30-4:45pm
Marumscos Hills Elementary School	M/W 3:45-5:00pm
Mullen Elementary School	Tu/Th 8:00-8:45am
<del>Old Bridge Elementary School</del>	<del>Tu/Th 3:30-4:30pm</del>
<del>Rosa Parks Elementary School</del>	<del>MAW 3:50-4:50pm</del>
Signal Hill Elementary School	M/W 4:00-5:30pm

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Prince William County (cont.)	
Sinclair Elementary School	M/Th 3:00-4:00pm
Sudley Elementary School	M/W 3:45-5:00pm
Vaughan Elementary School	M/W 4:00-5:00pm
West Gate Elementary School	Tu/W 3:00-4:15pm

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