

learn. dream. live. *run*



## Girls on the Run It's More Than a Running Program

When a girl joins Girls on the Run, what lies ahead is a life-changing experience that inspires girls to know and activate their limitless potential.

Here's what makes the Girls on the Run experience stand out above the rest:

**Meaningful Lessons:** A nationally acclaimed curriculum that prepares girls for a lifetime of self-respect and healthy living, with lessons on positive self talk, choosing friends, nutrition and fueling pace.

**Physical Activity:** Running, stretching and team building games are woven into our program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health.

**Positive Role Models:** Women with a desire to make a difference in the lives of girls volunteer their time as GOTR coaches to train and mentor the girls throughout the season.

**Girls on the Run 5K:** This unique, end-of-season event brings together thousands of NoVA girls, their families, and community members for a celebratory 5K run. Crossing the finish line is a defining moment of the program, when the girls realize that even the seemingly impossible IS possible.

**Parents Too:** Whether it's training to run with your daughter in the 5K, cheering her on at the finish line, or reinforcing GOTR lessons using conversation starters from our Grown Up Guide, there are many ways you can be part of your daughter's GOTR experience.

**Great Value:** Two 75-90 minute sessions per week, delivered before or after school for 10 weeks for just \$175 -- less than \$7 per hour, plus free entry into the 5K (scholarships available).

**High Impact:** Research studies show that Girls on the Run promotes the physical, mental, social and spiritual outcomes that help prevent unhealthy and risky behaviors in adolescent girls.



Here's what one girl had to say about her GOTR experience:

*"When I run I feel free and it's a really good feeling. I signed up because I felt like I really needed to do something new and it was really fun so I did it a second time! GOTR is awesome!"*

- 3<sup>rd</sup> Grader – Bull Run Elementary

For more information on the Girls on the Run experience, or to enroll in our program in Northern Virginia, contact us today at **703.273.3153** or **[www.gotrnova.org](http://www.gotrnova.org)**