



## **Our Mission: To educate and prepare girls for a lifetime of self-respect and healthy living.**

**Girls on the Run®** is a life-changing, experiential learning program for girls in grades 3 –6. The program combines training for a 5K (3.1 miles) running event with self-esteem enhancing, uplifting workouts. The goals of the program are to encourage positive emotional, social, mental, and physical development.

**Girls on the Run®** meets in groups of up to 20 participants, twice weekly for a one-hour session to prepare for and complete the 5K. The program uses an innovative and fun curriculum designed exclusively for pre-teen girls to address specific life skills through the use of games, warm-ups and workouts.

**Girls on the Run®** participants explore the importance of being physically, mentally, and emotionally healthy. They examine body image issues, stereotyping, and discriminatory behaviors, as well as the importance of maintaining a realistic and healthy view of themselves.

**Girls on the Run®** concludes with the 5K that includes all the Northern Virginia GOTR girls. GOTR recommends that each girl have a partner (“buddy”) to run with them, so this is a great opportunity for you or another adult to join her in the successful conclusion to her season. A link to register as a buddy will be on our Web site once registration begins ([www.girlsontherunofnova.org](http://www.girlsontherunofnova.org)). For non-runner families, the Bonnie Brae coaches will help find a volunteer buddy runner to safely escort your daughter across the finish line.

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### **Girls on the Run – Bonnie Brae Fall 2009** (sponsored by the Bonnie Brae PTO)

**Program days/time:** Mondays and Wednesdays, Sept. 28 through Dec. 7, 2009, from 7:25 AM – 8:25 AM

**Meeting place:** Meet Coach Brianna and Coach Elizabeth in Gym

**5k run date:** Dec. 5, 2009.

**Program fee:** The standard fee is \$163 (this includes a non-refundable \$3 processing fee). Each girl receives 2 shirts, a water bottle, a snack after each session, and entry into the final 5K. Financial aid is available through the online registration process. No girl will be denied enrollment due to financial circumstances. (Buddy runner’s race fee is not included in the program fee.)

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### **OnLine Registration Information--Registration begins Sept. 17 at 9:00 am**

To register for GOTR, please visit GOTR at [www.girlsontherunofnova.org](http://www.girlsontherunofnova.org)

There is a 20-girl maximum (no exceptions). If you are not one of the first 20 you will be put on a waiting list and contacted by GOTR of NOVA should an opening become available.

Payment must be made by check (or cash) to the Bonnie Brae PTO. You will not be able to pay by credit card during online registration.