



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 mile) 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 website once registration begins (www.girlsontherunofnova.org). For non-runner families, GOTR will try to provide a volunteer buddy runner to safely escort your daughter across the finish line.

Girls on the Run – Floris Fall 2009 (sponsored by the Floris PTA)

Program days/time: Tuesdays and Thursdays, Sept. 29 through Dec. 3, 2009 from 4:00 – 5:00 pm. **5k run date: Dec. 5, 2009. Meeting place:** Meet Coach Doreen (on Tuesdays) or Coach Sharon (on Thursdays) at the picnic area behind the playground.

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 on-line registration process. No girl will be denied enrollment due to financial circumstances. (Buddy runner’s race fee is not included in the program fee.)

On-Line Registration Information--Registration begins Sept. 17 at 9:00 am

To register for GOTR, please go to the GOTR Registration link directly at:
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 **Floris PTA**. You will not be able to pay by credit card during on-line registration.