



**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 – 5. 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](http://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.

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**Girls on the Run – Fall 2009**  
Sponsored by the Forestville PTA

**Program days/time:** Tuesday and Thursday Sept. 29 through Dec. 5, 2009 from 4 – 5 PM.

**5k run date: Dec. 5, 2009. Meeting place:** Meet Coach Sandee Molinaro in the lobby.

**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. (Buddy runner’s race fee is not included in the program fee.)

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

To register for GOTR, please visit the Forestville website or go to the GOTR Registration link directly at: [www.girlsontherunofnova.org](http://www.girlsontherunofnova.org). **Payment should be made by check to the Forestville PTA.** Checks will be collected in the office.

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 should an opening become available. Do not send in a check if your child is wait-listed. **IMPORTANT** - Prior to registering, please be sure your daughter can make both Tuesday and Thursday practices throughout the session. Questions: contact Tara Ruskowski at [Ruskowski@comcast.net](mailto:Ruskowski@comcast.net).