



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 beginning in October (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 - Hunters Woods Elementary School - Fall 2009
(sponsored by the Hunters Woods PTA)

Program days/time: Monday and Wednesday Sept. 29 through Dec. 3, 2009 from 1:00 - 2:00 p.m. (Mondays); 3:30 - 4:30 p.m. (Wednesdays).

5k run date: Dec. 5, 2009. **Meeting place:** Meet Coach Cantwell in the Gym

Program fee: \$180* per girl (\$30 discount for sibling). Each girl receives 2 shirts, a water bottle, snack after each session, and entry into the final 5K. Please check below if you would like financial aid. No girl is denied enrollment due to financial circumstances. (Buddy runner's race fee is not included in the program fee.)

To register for GOTR, clip and return this portion to the PTA along with payment of \$180.00*. There is a 20-girl maximum (no exceptions).

Participant's Name: _____ Age on 12/5/09 : ____ DOB: __/__/__ Grade: _____
Address: _____ City: _____ Zip: _____
Phone (H): _____ Email: _____
Parent's Name: _____ Work or cell phone: _____
Emergency Contact: _____ Phone: _____
Shirt size: YM YL AS AM AL (circle one) (YM=girl's size 8/10; YL= girl's size 12/14; AS=women's 4/6; AM=women's 8/10; AL=women's 12/14)

I give permission for my daughter to participate in this program and understand the physical risks associated with a running-related program and a 5K race. _____ Initials

***Please contact Diane Beers (Hunters Woods Elementary School Parent Liaison) at 703.262.7400 for confidential financial assistance.**