

**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 programuses 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.

Chesterbrook will have **one section of Girls on the Run** this fall coached by Mrs. Jennings and Ms. King. Other assistants are still being worked out. The group will meet on Tuesday and Thursday afternoons from 3:30 to 4:45. GOTR will begin the week of September 26th and end December 12th.

**Registration for the GOTR lottery takes place from August 21st until September 18th.** Please go to www.gotrnova.org **by September 18th.**  There will be a lottery system used to select the girls that are able to participate. The fee for the program is $175. Financial aid is available.

If you have additional questions, please contact the coaches at

[sjjennings@fcps.edu](mailto:sjjennings@fcps.edu) or [mdking@fcps.edu](mailto:mdking@fcps.edu) or the PTA GOTR Representative