



April 2021

5K Your Way

presented by **Cigna**



Our end-of-season **5K Your Way** celebration this spring season will take place **the week of May 10-16**.

You might wonder how you celebrate a 5K for an entire week. Every team this season has two options: (1) completing a local site-based event with the girls and their families or (2) completing a virtual 5K Your Way individually. The teams/participants will all receive 5K celebration materials, plan their 5K, and make it a true celebration of all their hard work this season!

presented by:



Please consider joining us for the 5K Your Way week and move forward in confidence with over a thousand girls across the region. You -- their friends, family, and community members can support them as you complete your own 5K Your Way. **And, we mean it when we say "your way" ... You can bike, you can walk, or you can roll!**

Our **5K registration** is open to everyone near and far. **That's right -- just like Colleen in Pittsburgh and Bill stationed in Kuwait completed a GOTR NOVA 5K their way last season.** Register today and you will receive a virtual celebration package that includes a printable 5K bib. Be sure to check out our celebration during the 5K week on social media -- we will post photos and videos submitted by all participants.

Register Here for the 5K Your Way Today!



Tag us in your photos and use the hashtags: **#gotrnova5K #everygirl**

Thank you!

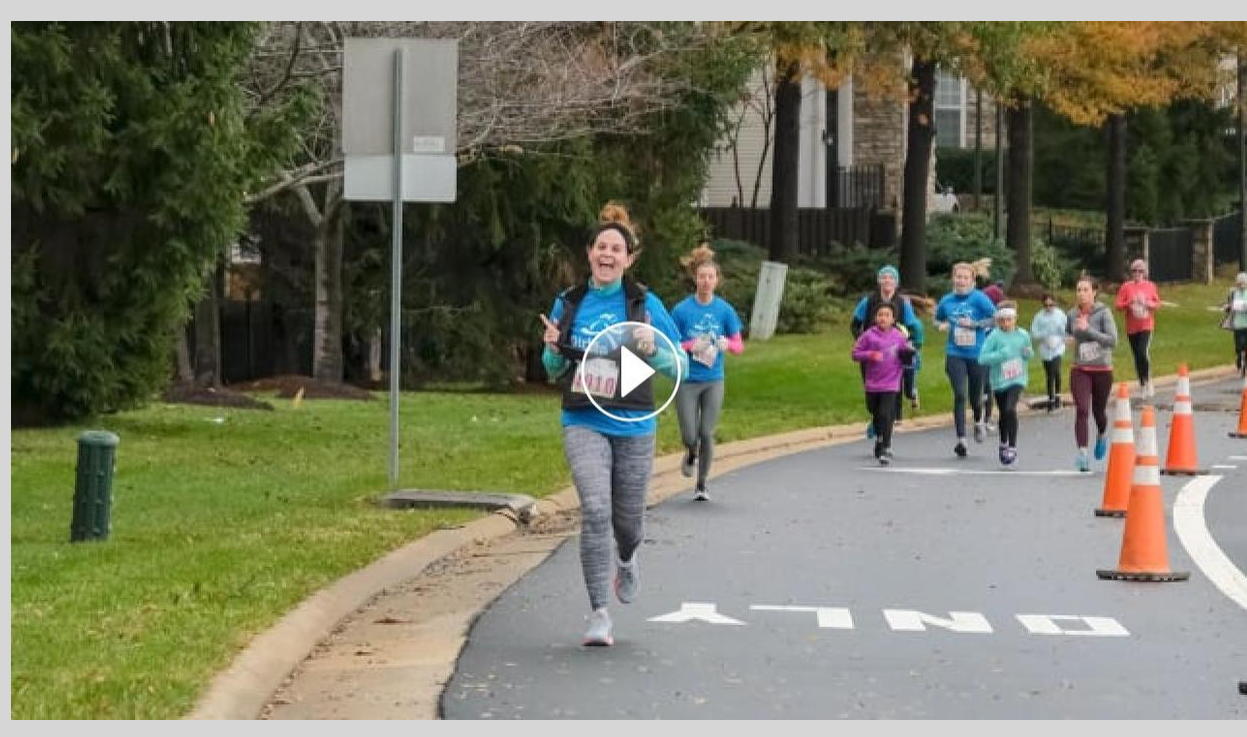


Because of YOU our LUNAFEST 2021 event earlier this month was a **great success!** **We raised over \$14,000!**

You ensured more girls across Northern Virginia will have access to the tools they need to be strong, healthy and confident for a lifetime! **Your generosity says to more young girls, "Be a part of a team! Keep learning! Keep discovering! Be you!"**

Again, thank you -- your generosity means the world to us and changes lives one step at a time! **We look forward to celebrating LUNAFEST 2022 with you in person!**

Treat Every Day Like It's Race Day!



LMI, a corporate sponsor of Girls on the Run of NOVA, made a video for our LUNAFEST event. We wanted to share it because it really captures the critical need to invest in young girls in our region.

A round of applause for ALL of our LUNAFEST Sponsors



Girls on the Run has helped girls find paths to success for 25 years

Goal-setting is as much a part of the program as running.



GOTR NOVA in the News...

The Washington Post wanted to hear more about our remarkable program after learning that Girls on the Run International turned 25 years old. The Post interviewed our Executive Director, Caroline Dieimar, and a few girls from Northern Virginia. Check out the full article [here](#).

Coming Soon: Internship Opportunities

Girls on the Run of NOVA invites college students to be a part of our team every **Fall & Spring semester**. We will soon begin our search for interns with our Program team and our Communications/Development team for the Fall 2021 season. They will be posted on our [website](#) later in May.



Thank you to our sponsors!



Girls on the Run of NOVA
10301 Democracy Lane, Suite 100
Fairfax, VA 22030
(703) 273-3153
www.gotrnova.org

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