



June 2021



YOU can give her a place to learn she has the power to be her best.

Give her a place.

This fall Girls on the Run of NOVA is returning to in-person teams with a large 5K end-of-season event. Girls deserve to emerge from the COVID crisis strong, resilient, and hopeful.

This month, we are asking supporters like you to help girls in our area heal socially and emotionally throughout the coming

seasons. Your **commitment of \$20 per month** starting today will give a girl in our community the gift of a team and the ability to find ways to shine her light on the world.

Can we count on you to renew your commitment and empower these girls to shine their light on the world? We know more families will come to us throughout the 2021-22 school year with requests for financial assistance. With your monthly donation, **you will directly impact a girl in our community and make the Girls on the Run program more accessible to her.** You will give her a place to gain confidence, develop positive connections with peers, and build healthy habits.

[Donate Here Today!](#)

A New Season

We believe that every girl is inherently full of power and potential. By knowing they are the leaders of their lives, **these are the girls who will change the world.**



We are excited as we plan for our Fall 2021 season. As mentioned, we will be returning to our pre-Covid 10-week in-person programming for both Girls on the Run and Heart & Sole teams with a large 5K celebration at the end of the season.

We hope you are excited too! Right now we are accepting RSVPs for team sites (both returning and new). Please take a look at our upcoming Fall season timeline and spread the word!

[Fall 2021 Season Timeline](#)

[Returning Site RSVP](#)

[New Site RSVP](#)

What do you say, Coach?



Lace up your sneakers and inspire a group of girls to be strong, confident, & healthy. Teams of volunteer coaches facilitate our easy-to-follow curriculum with small groups of girls over the course of 10 weeks. Amidst the conversation, laughter, star power & energy awards, you will witness transformational change in the girls, and don't be surprised if you realize that you are positively changing as well!

There is no requirement to be a runner -- you just need to be open to being a positive mentor!

[New Coach Registration](#)

[Returning Coach Registration](#)

Thank you to our local sponsors!



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