



# Keeping Pace eNewsletter

October 2020

## GOTR NOVA's Fall 2020 Season Update!

We finished our fifth week of the season and are now gearing up for our team practice 5Ks and community impact projects.

The GOTR NOVA staff has visited a number of our virtual and in-person team sites the past few weeks. We are just in awe of the talents and dedication of hundreds of coaches around the region. Girls are connecting with their peers and learning valuable lessons in resilience that will last a lifetime.



## Join us for our 5K Your Way

The Girls on the Run end-of-season 5K is always a true celebration of confidence. This season's 5K event will again mark the accomplishments of program participants across the region with a **5K Your Way** week presented by **Cigna**.

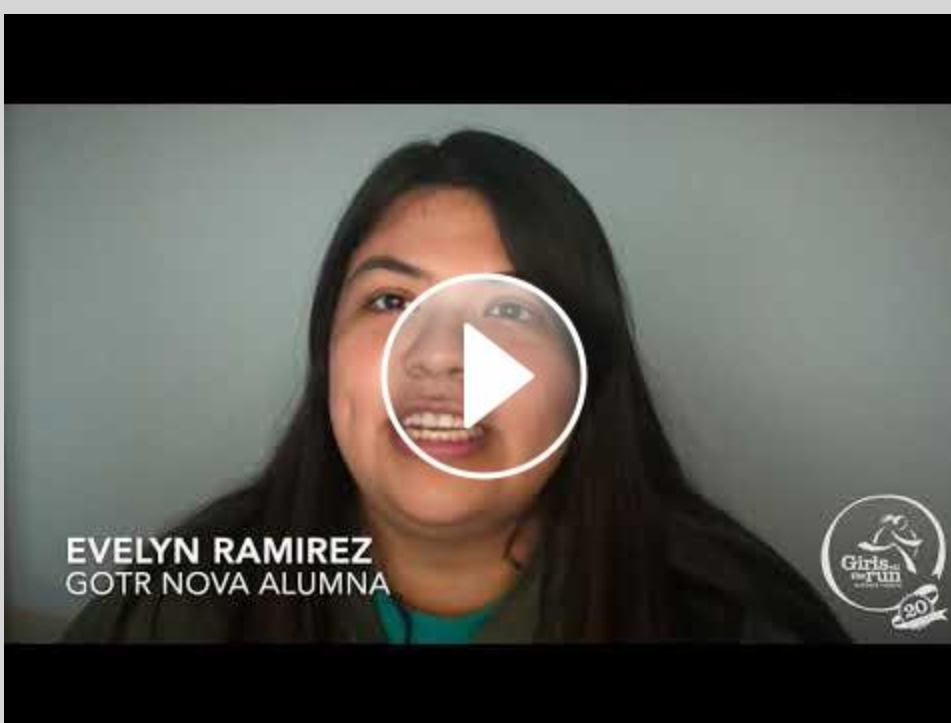
Friends, family, and community members are invited to join (near or far) in a virtual celebration. Registration is open now! Register your whole family with **four - 5K registrations for \$110 using the code: FAMILY20F**.

Visit our [5K Information page](#) for full details.

Be sure to tag us in your photos using **@gotrnova** and **#gotrnova5k**

**Important reminder:** All virtual buddy runners should **register by November 6** to receive your 5K celebration package in the mail on time!

[Register Here for the 5K Your Way Today!](#)



Last month, our virtual LUNAFEST event was filled with amazing films that celebrated strong women. The overwhelming support for this event and Girls on the Run of NOVA ensured more girls in our region have access to our remarkable program --just like Evelyn in the video above-- where they can harness their power and potential.

**You can still make a donation to future GOTR NOVA strong girls today!**

[Donate Here!](#)



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

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