

Girls on the Run Media Monitoring Feb. 14-20, 2009

1) Boys and Girls Club offers new running program for girls

Jennifer Denevan - Mail Staff Writer

February 20, 2009

[TheMountainMail.com:](http://www.themountainmail.com)

<http://www.themountainmail.com/main.asp?SectionID=5&SubSectionID=5&ArticleID=15827>

Girls on the Run is a new program being offered to girls in third through sixth grades by Boys and Girls Clubs of Chaffee County.

The program will begin March 2 and continues through May, Brandi Tauer, coach, said. Tauer is one of several coaches who will work with the girls by running.

The ratio is approximately one coach to a group of eight girls. All ability levels are welcome and the girls won't be grouped by ability.

Participants are welcome to run as fast as they can or even walk if they need to, Tauer said.

Girls on the Run focuses on healthy living and self respect, Tauer said. They will meet twice a week to run and hold classes about a variety of topics ranging from eating habits, to self image and making healthy decisions, she said.

The program helps address all aspects of girls' development - physical, emotional, mental, social and spiritual well-being.

At the end of the session, girls will participate in a 5-kilometer run which yet to be determined.

Participants must be members of Boys and Girls Club. Membership cost is \$25 and an additional \$5 for the **Girls on the Run** program.

There are scholarships available for the membership fee if needed, Tauer said.

The \$5 goes toward operational costs including the 5K run in May. Participants will also receive T-shirts.

Participants will run 4:30-5:45 p.m. Mondays and 3:30-4:45 p.m. Wednesdays for 10 weeks.

Registration forms have been sent home from Salida schools but are also available from the Boys and Girls Club, 340 E. Fifth St., and Salida Regional Library, 405 E. E St.

The first 50 girls to register will be able to participate.

Additional information is available by calling Tauer at 539-4930 or at girlsontherun.com or girlsontherungv.com.

The Beacon Journal

Found on Ohio.com

2) PROGRAM FOR GIRLS

19 February 2009

[Akron Beacon Journal \(OH\)](http://AkronBeaconJournal.com) and Ohio.com

A 12-week session promoting self-esteem for young girls will begin March 2 at Lake Anna YMCA, 500 W. Hopocan Ave.

"**Girls on the Run**: Learn, Dream, Live, Run" is targeted at girls in grades 3-5. The program will be held from 4 to 5 p.m. on Mondays and Wednesdays.

Sessions will address the benefits of consistent physical exercise and good nutrition, the advantage of positive peer support, improving body image and strengthening sense of identity and preparation for participating in a 5K walk/run event. Healthy snacks will be provided.

A sliding-scale fee based on family income is available. For more information, call 330-607-4110.

In the Region / SUMMIT COUNTY



3) Almanac

19 February 2009

[The State \(Columbia, SC\)](#)

...AGES 18 AND YOUNGER

...JEEP ROGERS FAMILY YMCA: Operation Kid Fit, 5-6 p.m. Wednesdays through March 18; sessions for grades 3-5 will feature exercise and nutritional information. WeeFit for ages 4-5, 3:30-4:10 Mondays and Wednesdays through March 18. \$60; members, \$40. Registration for **Girls on the Run**, for girls in grade 3 and older ends Monday. Sessions will meet 4-5:30 p.m. Mondays and Wednesdays. 900 Lake Carolina Drive, (803) 451-8439

4) Girls Night In- Benefits Girls on the Run

By Kelly Hurter

Feb. 19, 2009

[MyNC.com \(Durham County\):](#)

http://durhamcounty.mync.com/site/durhamcounty/news%7CSports%7CLifestyles/story/27704/Girls_Night_In_Benefits_Girls_on_the_Run



Girls on the Run ladies enjoy a night out for a good cause!

DURHAM COUNTY, N.C.

An exclusive shopping event benefitting **Girls on the Run** of the Triangle.

March 1, 2009 @ 7:30pm

Nordstrom, the Streets of Southpoint, will open its dooors exclusively for you!
Enjoy cocktails, hors' douerves, music and festivities while taking advantage of complimentary makeovers and a personal shopping experience like no other!

Featuring Pam Saulsby, WRAL Anchorwoman and Singer. Pam will speak and sing to the topic, "Finding the Joy in Yourself!"

\$30 per guest, tickets available online-purchase today at www.gotrtriangle.org. Online ticket sales run through February 25, 2009. *Please note: all tickets must be purchased prior to the event.

Girls on the Run is an experiential learning program for girls ages 8-12. The program combines training to participate in a noncompetitive 1 or 3.1 mile running event with self-esteem enhancing, uplifting workouts and community service projects. The goal of the program is to change a girl's budding notion that how she looks is more important than who she is. www.gotrtriangle.org

5) Girls On The Run – a program for kids – looking for participants in these sites

Posted by Mark Rauterkus

February 19, 2009

Rauterkus Blog: <http://rauterkus.blogspot.com/2009/02/girls-on-run-program-for-kds-looking.html>



Hard to get more "Running Mate" friendly than **girls on the run**. Well, it could get better if there were boys or kids "on the run."

Spring programs start March 2, 2009. Some sites need MORE girls, grades 3, 4 and 5.

Those sites are:

- * Avalon Elementary – Northgate*
- * Beaver YMCA – New Brighton*
- * Burchfield Elementary – Shaler*
- * Central Elementary – Hampton*
- * Community Day School – Squirrel Hill*
- * Eden Christian Academy – North Hills*
- * The Ellis School – Shadyside/East Liberty*
- * First Presbyterian Church – Monongahela*
- * Franklin Park Borough – North Allegheny*
- * Independence Elementary – Hopewell*

- * Kerr Elementary – Fox Chapel
- * Kingsley Association – East Liberty
- * Marzolf Elementary – Shaler
- * Baker Elementary – Upper St. Clair Parks & Rec.
- * Verner Elementary – Riverview
- * Winchester Thurston – Shadyside
- * West Mifflin Middle School (grades 6-8 Girls on Track)

Both a registration and program poster (2 PDF files) are posted and available for you to print.

Meredith Colaizzi, Program Coordinator **Girls on the Run** at Magee-Womens Hospital, 3339 Ward St. Pittsburgh, PA 15213, ph. 412.641.1596 fax. 412.641.8902 <http://www.girlsontherun.magee.edu>



6) Fayette County

18 February 2009

[The Lexington Herald Leader](#)

...5K for healthy living

Girls on the Run Lexington, a group that promotes self-respect and healthy living in preteen girls through running, will be hosting its first 5K this May at Coldstream Research Campus. Volunteers and donations are being accepted. Contact Renae Feistritz at renae@gotrlexington.org.

Volunteers are needed at meetings throughout the season as "Sole mates." Responsibilities include attending at least one GOTR group a week, helping the coaches as needed and running with the girls during the 5K. No training or preparation is needed. Visit <http://gotrlexington.org> for site locations and times. Contact Katherine Stone at katherine@gotrlexington.org.

GOTR is also looking for donations of store-bought, individually wrapped healthy snacks or monetary gifts to provide to our participants. Drop snacks off at any time at John's Run Walk Shop or contact Bernie Madigan-Dugan at bernie@gotrlexington.org.

7) Girls on the Run to start in Granite City public schools

Board allows Girls on the Run program to be offered to students in the district

By Jason Sibert

February 18, 2009

[St. Louis Today Online:](#)

<http://suburbanjournals.stltoday.com/articles/2009/02/18/madison/education/0218gcj-fun.txt>

Although the **Girls on the Run** Program offers girls the opportunity to improve their physical fitness, it develops more than a solid set of lungs.

"**Girls on the Run** is a character development program," **Girls on the Run** Southern Illinois Regional Coordinator Amy Sheridan said. "We offer the girls character education and we teach life lessons."

The Granite City school board at its Feb. 10 meeting granted permission for the St. Louis Chapter of **Girls on the Run**, an affiliate of **Girls on the Run** International in Charlotte, N.C., to offer its program to third- through fifth-grade girls in the district. The program includes two 10-week sessions, one in the fall

and another in the spring. The twice-a-week sessions in the spring offer the young athletes an opportunity to train for a 5K run at St. Louis' Forest Park on May 17, but each session also offers coaching in the areas of mental and physical health. Sheridan said lessons are offered on the importance of correct diet and proper exercise, conflict resolution skills and coping with bullying and gossiping.

Dr. Kristin Stahl, a pediatrician who practices in Granite City and Edwardsville and a veteran of five marathons, has served as a coach in the program for the past three years at Holy Family School, a Catholic School in Granite City. She said the program is an important factor in combating the problem of childhood obesity because it helps young ladies establish the habit of regular exercise. "It's just a way I can give back to the community through a program that I really believe in," Stahl said.

As a coach, the pediatrician has personally witnessed success stories.

"I saw a little girl who in our practice run who didn't think she could finish the 5K race," Stahl said. "When she crossed the finish line at the race, she told her mom that she thought she could do anything. It was a real confidence booster for her."

Shortly before the 5K run, each participant in the program runs a practice race. Sheridan said most of the girls in the program have never run long distances and that the program is designed to build a runner's strength until they can achieve the goal of finishing the race.

In addition to learning fitness and social skills, participants also learn the importance of giving back to the communities they reside in, as they must participate in a community service project after the 5K run. In the past, those involved in **Girls on the Run** have cleaned up trash on school grounds, collected canned goods for food pantries, volunteered to work at a local animal shelter and made blankets for patients at Gateway Regional Medical Center.

Like Stahl, Sheridan has witnessed the successes the program has produced.

"It's rewarding to work for a nonprofit where you have the opportunity to change the life of a girl and teach them how to be happy and healthy," Sheridan said.

The **Girls on the Run** Program is currently interested in talking to potential volunteers. Anyone interested in volunteering can call Sheridan at 779-3139 or e-mail her at amy@girlsontherunstlouis.org.

8) Mid-Valley Briefs

February 18, 2009

AppealDemocrat.com: http://www.appeal-democrat.com/news/yuba_74443_article.html/city_tickets.html

Mid-Valley Briefs from Thursday's paper.

...Yuba City

Tickets available for comedy show

Tickets are available for the annual Laughlines "Comedy and Casino" night sponsored by Soroptimist International Marysville/Yuba City.

The event is set at 6 p.m. March 7 at the Bonanza Inn Convention Center, 1001 Clark Ave. in Yuba City.

Activities include comedian Stephen B., gaming tables, hors d'oeuvres and a silent auction.

In addition, Yuba County Judge Debra L. Givens will be honored as the 2009 Woman of Distinction.

Tickets are \$50 per person, with proceeds benefiting the **Girls on the Run** program.

To purchase tickets, contact Terrel Locke at 822-4817; Julie Eckardt at 749-3347; or Jackie Sillman at 749-4220.

9) Girls running program announces registration

February 18, 2009

Smokey Mountain News Online:

http://www.smokymountainnews.com/issues/02_09/02_18_09/fr_briefs.html

Girls on the Run, a non-profit prevention program that encourages pre-teen girls to develop self-respect and healthy lifestyles through running, will present its program to local schools beginning Feb. 16-May 25. Registration runs through Feb. 20.

Girls on the Run addresses physical, emotional, mental, social and spiritual well-being. The program for 3rd – 5th grades will be offered at Clyde Elementary, Hazelwood Elementary, South Macon Elementary, and Swain East Elementary.

The Girls on Track program for 6th - 8th grades will be at Cherokee Middle and Swain Middle.

For more information about **Girls on the Run** of WNC call Audrey McElwain, executive director, at 828.713.4290, visit www.gotrwn.org or email girlsontherunwnc@gmail.com.

10) Skeese Greets Tri Teams With Non-Profit

February 18, 2009

Skeese Greets Blog: <http://skeesegreets.blogspot.com/2009/02/skeese-greets-tri-teams-with-non-profit.html>



The Skeese Greets Women's Tri, to be held at the Texas Ski Ranch on May 3, has teamed with the new Austin Chapter of **Girls on the Run**. Not only will Skeese Greets donate some funds to this worthy cause, but entrants also have the option of tossing in a little extra \$\$\$ themselves. Here's the scoop on this great non-profit, which by the way, is run by several local triathletes, including Shorey Russell, Maggie Caldwell, and KB Schatz:

Girls on the Run (GOTR) is a life-changing character development program for elementary school girls, starting with 3rd grade (ages 8-12) that uses the power of running to teach every girl about her personal power and the importance of being healthy and active. GOTR combines training for a 5K (3.1 miles) running event with healthy living education. Our programs instill self-esteem and strong values through health education, life skills development, mentoring relationships, and physical training - all of which are accomplished through an active collaboration with girls and their parents, schools, volunteers, staff and the community.

The goal of the program is to encourage positive emotional, social, mental, spiritual and physical development. Furthermore, we encourage participants to talk with their family every day about what is

going on with them. The 12-week curriculum attempts to help each girl find and stay true to her REAL self. As a celebration of achievement, all girls complete a local 5K race.

GOTR is best suited for prevention purposes for girls between the ages of 8 and 12 years old. This is a time when children are still receptive to what adults have to say, yet they are beginning to feel the pull of peer pressure. Studies show that around the time of 5th grade, girls tend to go to a place that we call "The Girl Box." The Girl Box is a place where girls feel as if they are valued more for their appearance, their friends and what kind of clothes they wear - as opposed to the strength of their character. It is the perfect time to address important personal and relationship issues to a girl - like learning how to manage her emotions, the dangers of gossiping, how and when to speak up for herself and more. This is the ideal age for girls to develop the skills for handling these issues so that each girl STAYS OUT OF THE BOX.

Studies show that a decline of self-esteem, poor academic performance, and diminished ambitions take place during adolescence. The skills taught through GOTR have shown to lead to fewer eating disorders, less depression and suicide attempts, fewer substance/alcohol abuse problems and fewer teen pregnancies. The result is a healthier way of life for a new generation of young women.

GOTR of Austin is an affiliate of **Girls on the Run** International, which operates in over 160 cities across the US and Canada. GOTR of Austin was founded in Feb. 2008 and served 6 girls at one school in the Fall 2008. For the Spring 2009 school semester, we are proud to announce we have over 30 girls enrolled in 3 schools around the Austin area.



For more information on **Girls on the Run**, visit www.gotraustin.org.

The Skeese Greets Women's Tri is an Official Jack & Adam's Event, Volunteer or Register today!

11) Kids Running Clinic

February 17, 2009

Phidippides.com: <http://www.phidippides.com/blog/2009/02/17/kids-running-clinic/>

Kids Running Clinic

**SATURDAY
FEBRUARY 21ST
8:30 AM**

Phidippides - Ansley Mall
1544 Piedmont Rd.
Atlanta, GA 30324

404-875-4268
Phidippides.com

Learn the Basics of Track & Field

*Participate in a Kids Fun Run
around Ansley Mall*

Free for boys & girls ages 8 to 12

All participants receive 20%
off Kids Running Shoes

Bagels & Juice Provided

Learn about exciting
training programs from:

 

Running clinic and fun run for kids 8-12 years old. Conducted by Track Monkeys coach, Brian Roth and coaches from **Girls on the Run**. Kids receive a 20% discount on shoes and a FREE running Back Sack! Call 404-875-4268 to sign up.....it's FREE!

12) Girls on the Run!

February 15, 2009

Balance Is Best Blog: <http://balanceisbest.wordpress.com/2009/02/15/girls-on-the-run/>

I mentioned last week that I found a new organization to get involved with. Well, this is it! **Girls on the Run!** If you don't know much about it, check out the [website](#).



Girls on the Run® is a *non-profit prevention program* that encourages preteen girls to develop self-respect and healthy lifestyles through running. *Our curricula* address all aspects of girls' development - their physical, emotional, mental, social and spiritual well-being.

Seeing how I have my Master's Degree in Education, I am thrilled to be able to use my talents working with children and running! I don't know too much about my assignment or the program (other than what I read on the website), but I am very optimistic about the next 12 weeks. I will attend coach's training on March 7th and then start coaching every Wednesday from 4-5:30. I can't wait to see how it goes! I received permission from my bosses to leave work early every Wednesday in order to get to the school on time. (yessss!)

I am slowly, but surely, checking things off of my yearly list of goals. Trying new things and volunteering were both on my list - check and check!

Have any of you ever heard of or worked with GOTR? What types of organizations do you typically get involved with?

Lata gatas,
Kaneil