

SPRING HOTSPOTS



Each girl will cross the finish line wearing the number 'one'. As you watch their excitement, happiness, and achievement, it is easy to get a little emotional. These girls have done more than complete a 5k run, they have reached a goal they shared with each other for 9 weeks. Together they have experienced fun, fitness and friendship, and today is their day!

These sentiments will be felt by many parents, coaches and community supporters at the Girls on the Run 5k event scheduled for May 27, 2007 at Boyd Park

Girls on the Run (GOTR) is an interactive character development program built around running, designed to help girls develop strong self esteem, and make healthy choices. The objective of the program is to reduce the display of at risk behavior among participants ages 8-11 years old.

Rina De Donato, Council Director for GOTR (Canada) was inspired to import the program from the U.S. after reading about it in a Runners World Magazine four years ago. Since its Canadian debut in 2004, over 600 girls have completed the program, and the numbers are growing annually. This year's event promises to host 400+ girls, their families, as well as the general public.

Unique to the Canadian version of GOTR is the component of community service, whereby the girls fundraise for a charitable cause.

This year's proceeds will be presented to Child Find Ontario on May 27. Past recipients have included Habitat for Humanity, Vita Nova, and Free the Children. GOTR also offers a summer camp session featuring events such as trampoline, dance, art, and other activities, mixed with an abbreviated version of the curriculum.

All are welcome to register for the non competitive 5k run at www.girlsontherun.ca For more information on the GOTR program or camp please visit www.girlsontherun.ca or call (416) 930-8361.