



Girls on the Run of NOVA 10560 Main Street, Suite 420, Fairfax, VA 22030

Press Release

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FOR IMMEDIATE RELEASE
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6500 GIRLS AND BUDDIES TO PARTICIPATE IN THE GIRLS ON THE RUN REINDEER ROMP 5 K SPONSORED BY ARGON ST

Girls on the Run of Northern Virginia will hold its 5 K fun run to complete its Fall 2009 program at Reston Town Center on Saturday, December 5th, 2009 at 8:30 a.m. Over 3000 girls in nearly 180 schools from all over Northern Virginia have participated for the last 10 weeks in our Girls on the Run program to empower girls with a greater sense of self-awareness, self esteem and healthy living through the power of running. This run is the culmination and celebration of their efforts, and pairs the girls with a buddy runner to help them achieve their goals.

GOTR NOVA is grateful to our presenting sponsor [Argon ST](http://www.argonst.com)

(<http://www.argonst.com>) for its generous support of the 2009 Girls on the Run Reindeer Romp 5K. Additional sponsors include Fitness Together (www.FTCustomFitness.com), PTR Group, Potomac River Running, and Reston Town Center.

For more information about the run, contact Catherine at the number above or check our web site:

http://www.girlsontherunofnova.org/dec2009_race/dec09_event_info.html