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**May 9, 2023**

**Joint Board Matter with Chairman McKay and Supervisor Herrity**

**Girls on the Run 5K**

Members of the Board,

Girls on the Run (GOTR), founded in 1996, is a nonprofit organization designed to enhance participants' social, emotional, and physical skills. What began as a program with only 13 participants has since grown astronomically and now serves over two million participants from coast to coast. Students in grades third through eighth are welcome to participate. GOTR has a long-standing and unwavering commitment to building a world where any and every girl can know and activate her own limitless potential through developing skills that will help her successfully navigate life's experiences.

Each year, GOTR hosts hundreds of 5Ks across North America, making it one of the largest 5K series in the world. This year, for the first time, the GOTR 5K will take place at two different locations in Fairfax County, at Fair Oaks Mall, and at BASIS Independent School in Tysons.

Each event requires over 100 volunteers to be successful. GOTR is currently looking for dedicated volunteers to make this Spring 2023 5K a success! Volunteer roles include bus greeter, road runners, cheer marshals, start and finish supporters, check-in, and many more. For more information about how to volunteer, please visit [www.gotrnova.org/volunteer](http://www.gotrnova.org/volunteer).

Therefore, we move without objection that the Office of Public Affairs publicize the event on the appropriate channels, inviting our community to attend and encouraging all to volunteer.

Ready... Set... **STRONG!**

# **GOTR NOVA**



# **5K**

**SATURDAY, MAY 20**

**FAIR OAKS MALL**

**SUNDAY, MAY 21**

**BASIS INDEPENDENT SCHOOL**





# 5K Volunteers

## Packet Pick Up

Help distribute bibs and t-shirts during the week prior to the 5K.

## Corral Marshal

Lead each wave from the holding area to the start line.

## Cheer Marshal

Cheer for participants as they pass by along the course during the 5K.

## Bike Marshal

Leads the 5K on bike to ensure participants follow the route.

## Parking

Direct participants and spectators where to park.

## Runner's Village

Assist with activity stations before the 5K begins.

## Water Station

Distribute water to participants at a designated water stop along the course.

## Registration Tent

Help Buddy Runners register, answer general 5K questions and distribute shirts and bibs

## Road Runner

Complete the 5K with a program participant while providing support and encouragement.

## Start/Finish Line

Distribute medals, snacks and water as participants cross the finish line.

## Lead Medical Tent

Manage medical activity as needed with EMS on standby for emergencies.

## Bus Greeter

Direct participants exiting buses where to go upon arrival; direct buses to bus parking and alert GOTR NOVA staff of teams who have arrived