Girls on the Run Hampton Roads's

Summer Newsletter

5K Recap, Free Summer Activities, & GOTR Updates!

Upcoming Events with Girls on the Run Hampton Roads

Now - June 30th | New Curriculum Fundraising!

Now - July 17th | Camp GOTR Still Has Spots & Financial Aid Available!

Now - September 14th | New Coach Registration

Now - September 14th | Returning Coach Registration

Now - September 14th | Site Registration

Beach Day 5K

The finish line is just the beginning.

Our Beach Day 5K was such a success thanks to the generous support of our GOTR families, sponsors, and volunteers.

Over 1,800 girls, coaches, and 5K buddies completed the 5K. What an amazing accomplishment! Your energy from the fairgrounds to the finish line was unmatched and made for an amazing day for all.

Our volunteers are invaluable to 5K Day. They help create an inviting atmosphere, facilitate our fairgrounds activities, and keep our girls safe on the course.

We also want to thank our board of directors who arrived at the crack of dawn and worked all day through until clean up. Their dedication and support makes this enormous event possible.

If you want to see more of our 5K, check out the photos using the button below!

Beach Day 5K Photos

The Cape Campaign Numbers are In...

$30,006 Raised!!

This past season, **216 girls participated in our Cape Campaign. These girls raised $30,006**, exceeding our goal of $25,000! These funds go directly back into our program, providing scholarships for girls next season. **Because of their efforts, 300 lower income girls will be able to participate in our program.**

We couldn't be more proud of and thankful for our Cape Campaign participants!

Join the Fun at Camp GOTR!

Camp GOTR combines the best of Girls on the Run with all the fun of camp! **We're hosting five different week-long sessions across Hampton Roads this summer**, and four still have spots available.

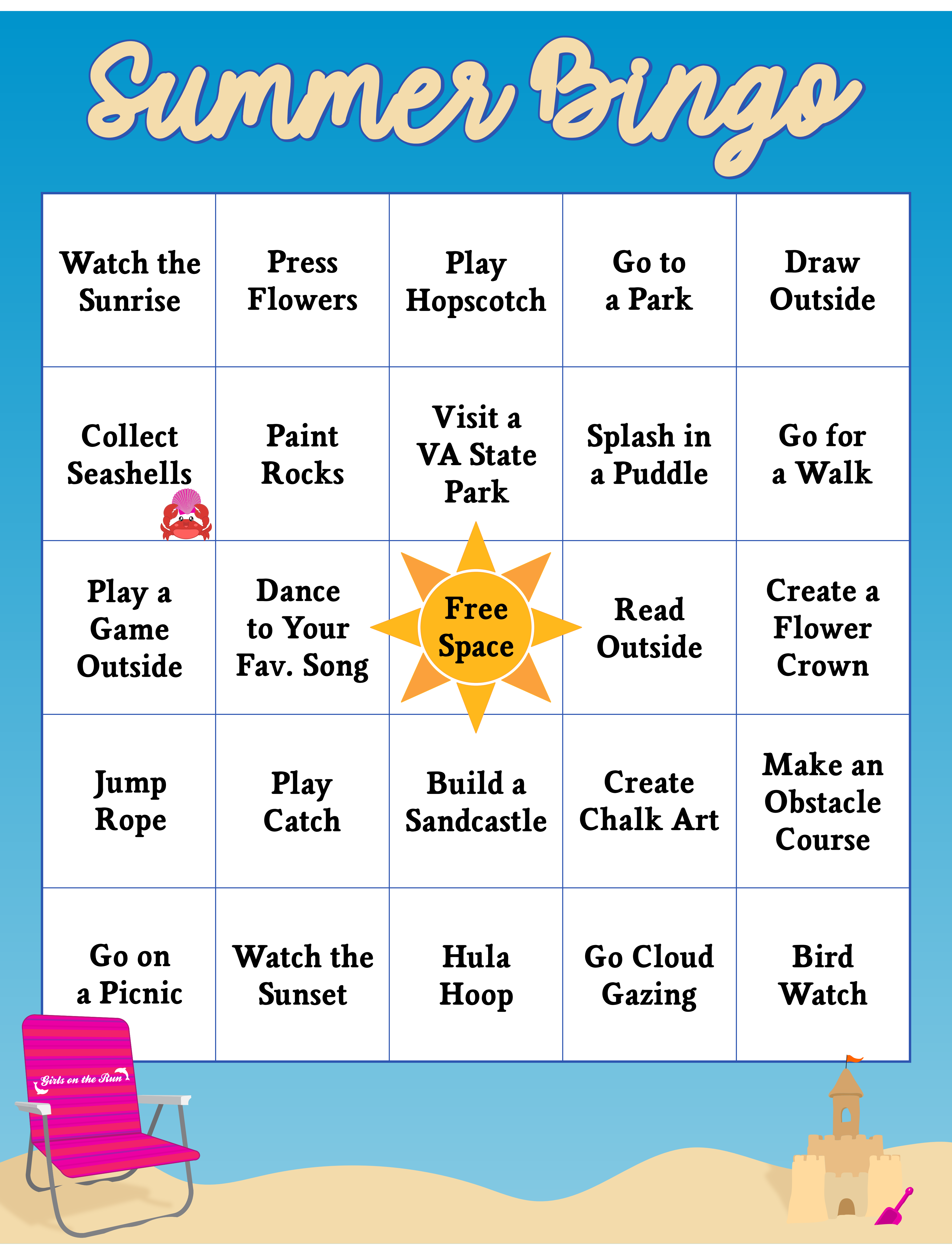
Our sessions include:

♥ Exclusive GOTR swag
♥ Exciting games & outdoor adventures
♥ Swiftie dance parties & friendship bracelets
♥ Friendship
♥ 5 full days of connection, growth, and FUN!

Register Here!

Get Outside this Summer!

With sunny days ahead, we want to encourage the whole family to get fresh air and exercise! We've created a summer bingo card filled with fun activities to help create some summer fun. **Click the button or image below to download a printable version.**



Summer Bingo

Watch the Sunrise	Press Flowers	Play Hopscotch	Go to a Park	Draw Outside
Collect Seashells	Paint Rocks	Visit a VA State Park	Splash in a Puddle	Go for a Walk
Play a Game Outside	Dance to Your Fav. Song	Free Space	Read Outside	Create a Flower Crown
Jump Rope	Play Catch	Build a Sandcastle	Create Chalk Art	Make an Obstacle Course
Go on a Picnic	Watch the Sunset	Hula Hoop	Go Cloud Gazing	Bird Watch

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On **June 19th**, all National Parks and other sites managed by the National Park Service will have **free entry**. The closest site to Hampton Roads is **Colonial National Historical Park**, which includes the Cape Henry Memorial, Historic Jamestowne, and more! If you want a road trip, consider Shenandoah National Park, which features the Blue Ridge Mountains and is located near Luray, VA!

Thank You to Our 5K & Program Partners!

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