Girls on the run®

5K Photos Have Arrived!

Relive 5K day with these amazing photos courtesy of our photographer Liam Castellano! **Make sure to tag us @gotrhr** if you share photos on social media!






View All Photos Here!

Want More GOTR Fun?



Girls Just Want to Have Fun at Camp GOTR!

Camp GOTR, open to rising grades 3-5, builds human connections that help girls unplug and boost their adrenaline through running games, skits, and affirmations.

Our week-long sessions include:
♥ Exclusive GOTR swag (goodie bag, t-shirt, water bottle, and journal!)
♥ Exciting games & outdoor adventures
♥ 5 full days of connection, growth, and FUN

Camps are available in Accomack County, Newport News, Norfolk, Suffolk, and Virginia Beach!

Join Us at Camp GOTR!



Join us at our Inaugural Twilight 5K!

Join Girls on the Run Hampton Roads for our inaugural Twilight 5K! Worried about the heat? Don't fret! This summer's 5K won't take place until 6 pm. Enjoy our post-race party with a live DJ and food & beverage trucks! Each participant will receive a timed bib and t-shirt.

All profits from the race will go towards keeping girls in Hampton Roads and Western Tidewater healthy, confident, and joyful!

All Camp GOTR participants recieve FREE ENTRY into the Twilight 5K!

Register for the Twilight 5K!

Find us on Social Media!