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## Loveland girls are 'on the run'

Twenty-six third- and fourth-grade Loveland residents recently achieved a huge milestone of training for and completing a 5K distance event.

As participants in a nationally recognized non-profit prevention program called Girls on the Run, GOTR, that encourages pre-teen girls to develop self-respect and healthy lifestyles through running, the Loveland participants completed a feat that many adults have never accomplished. The participants are students at Loveland Elementary, St. Margaret of York and St. Columban.

The students are the fourth group of Loveland Elementary students to participate in the program. This was the first year a program was offered at St. Columban.

GOTR combines training for a 3.1-mile running event with uplifting workouts designed to enhance the self-esteem of the pre-teen participants.

Loveland Elementary School was the first Greater Cincinnati school to host a GOTR program in 2004 when a local GOTR chapter was re-started in Cincinnati.

The GOTR Flurry Scurry 5K race was the first local race presented by Girls on the Run of Cincinnati and took place Dec. 2. More than 300 runners participated in the race, which will become an annual event at the end of each GOTR season.

GOTR Cincinnati needs more volunteer coaches to continue to expand the program. Coaches are provided with training, a curriculum and teaching materials that are being used by Girls on the Run programs around the country. Being a runner is not a requirement.

Call 755-6407 or send an e-mail to [GOTRCincinnati@fuse.net](mailto:GOTRCincinnati@fuse.net).

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