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Girls on the Run founder Molly Barker of Charlotte is featured in the July issue of Glamour magazine hitting newsstands on Tuesday.

Barker appears in the monthly segment, "Be a hero in five minutes or less."

The program aims to boost the confidence of preteen girls, and to stir them away from at-risk activities. Participants follow a 12-week character education curriculum and train for a 3.1 mile run.

The organization has 100 chapters across the country and Canada.

"We picked Girls on the Run because Molly Barker is teaching girls that what they accomplish is more important than how they look," said Senior Editor Ellen Kampinsky. "We're happy to salute a group that spreads the word about female self-empowerment and self-confidence."
