

Registration Now Open for Girls on the Run 5K Presented by Innovation Health

Girls on the Run of Northern Virginia invites runners of all ages and abilities to participate in their fall 2015 5K weekend. The Girls on the Run 5K presented by Innovation Health is the culminating event for more than 2,000 girls who have spent the fall season participating in a unique curriculum which integrates running to help girls increase their confidence, create positive connections with peers and coaches, and contribute to their communities.

“Girls on the Run is committed to building a stronger, healthier community by building stronger and healthier girls. As a company dedicated to ensuring local families have every opportunity for a healthier future, we are excited to support Girls on the Run of Northern Virginia as they promote the overall health and well-being of young girls and their families,” says Amy Turner, Executive Director of Innovation Health.

In addition to serving as the culminating event of the fall season, the 5K weekend will also be the organization’s first ever Homecoming, celebrating Girls on the Run of Northern Virginia’s 15th anniversary and the milestone of more than 50,000 girls served. In keeping with the Homecoming theme, all program alumni are invited to participate at a reduced rate and there will be special recognition for Volunteer Coaches who have lead teams for ten seasons or more.

The entire community is invited to share in this celebration, whether running alongside the girls, volunteering, or simply coming out to cheer. Two 5K runs will be offered over one weekend: Saturday, November 21st at Pfitzner Stadium in Woodbridge and Sunday, November 22nd in Rosslyn, Virginia. Registration is available online at the [GOTR NOVA website](#).

About Girls on the Run of Northern Virginia

Girls on the Run programming is delivered at schools throughout Northern Virginia. The Girls on the Run program is delivered over a 10-week season by trained volunteer coaches who guide and mentor pre-adolescent girls through a rich curriculum. With lessons on positive self-talk, healthy friendships, nutrition, and gratitude, Girls on the Run speaks to the challenges young girls face every day, and offers tools to meet them head on.

About Innovation Health

Innovation Health provides health benefit plans to more than 170,000 members. The product of a unique [Aetna](#) and [Inova Health System](#) partnership, Innovation Health began offering health benefit plans in October of 2013 as a new way to deliver and finance more affordable, quality healthcare for employers and individuals in Northern Virginia. Through our integrated care model, Innovation Health combines a premier health plan, health system, and physicians for improved health outcomes and cost savings.

Innovation Health plans are available to individuals and businesses of all sizes in Arlington County, Clarke County, Fairfax County, Frederick County, Loudon County, Page County, Prince William County, Shenandoah County, Spotsylvania County and Stafford County. Individuals residing in these counties can purchase health plans directly from Innovation Health at innovation-health.com or through the [Virginia Exchange website for the 2016 open enrollment](#). For more information on Innovation Health, our plans and how we can help you, visit our [website](#).

Contact

To learn more about Girls on the Run NOVA, including how to register for the 5K, how to volunteer, or how to become a sponsor, please contact:

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