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PVP-Youth Sports News

Heritage Girls Set The Pace For Running Fun

GIRLS ON THE RUN

• Peninsula Heritage School girls team of "Girls on the Run" recently competed in the organization's 5K run held at Dockweiler Beach in Playa Del Ray.

This event was a celebratory culmination of the 12-week "Girls on the Run" program, which drew young female participants from throughout the Los Angeles area.

"What a fabulous experience for the girls and for us," said parent and co-coach **Jennifer Hart** who, along with **Emily Power**, met with the girls' team at Peninsula Heritage School twice each week.

"The girls do 90 minutes of physical activity each week, which includes running, jogging, and skipping. We teach from the 'Girls on the Run' curriculum, which is designed to impart life lessons through movement."

"Girls on the Run" was established in 1996 in North Carolina, and last year had over 713,000 girls participating in the U.S. and Canada. The program "empowers girls and teaches them to be strong in mind, body and spirit."

Using a fun, experience-based curriculum that creatively integrates running, 'Girls on the Run' addresses bullying, the importance of physical activity, healthy eating, body image, and community service."

"There were 6,000 girls in this 5K," said Hart. "Each girl invited a running buddy to accompany her. Being part of a this race was exhilarating. One's placing in the race is not part of the 'Girls on the Run' program; all the girls received medals. Our goal is to build confidence through achievement."

Check out www.gotrla.org for more information.

— email reports