

Girls on the Run of Montgomery County Completes the Season with a Celebration Wondergirl 5K Fun Run!

Under sunny skies on May 18, 2008, over 600 runners - 340 girls, 62 volunteer coaches and 200 "buddy" runners - a record for Girls on the Run of Montgomery County, completed a 5K Fun Run at the South Germantown Recreational Park in Boyds, MD.

The excitement was palpable, even at 6:45 am, as hundreds of girls donned their official race bibs and stretched in anticipation of the culminating event of their program. The girls are all in elementary or middle school, and for most of them this was the first time they had participated in a road race. But they had spent the last nine weeks training with their volunteer coaches, and they were well prepared. These girls are part of a rapidly-growing fitness and self-esteem-building program in Montgomery County called Girls on the Run (GOTR). GOTR of Montgomery County is part of a larger, international organization, whose goal is to prepare girls to make strong and healthy choices throughout their lives.

The 600+ participants gathered early Sunday morning with their school teams for pep-talks from their coaches. After a warm-up for everyone conducted by Coach Mike of DC Running Coach, it was off to the starting line. The hilly course proved challenging but the first runner still managed to cross the finish line in under 25 minutes. The course travelled the perimeter of the Park on hilly streets and trails. Runners were treated to two water stations along the way thanks to sponsors Fleet Feet Gaithersburg and Pacers Running Stores. At the finish, runners were enjoyed water, bananas, bagels and Snikiddy Snacks!

[Watch this site for photos of this vibrant event!!](#)