

Media Release



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For Immediate Release:

Spanish River Church supports local Girls on the Run 5K Achievements

(Boca Raton) More than 120 girls set a huge goal in September when they joined Girls on the Run - to finish a 5K (3.1 mile) run. Ranging in age from 8 to 15 years old, each girl set a personal goal every week for the last 10 weeks to help her build the strength and stamina to complete a 5k celebratory event.

While girls were training, Spanish River Church was planning their annual River Run 5K for December 9, 2017. When church event organizers heard that Girls on the Run was looking for a 5K, they opened their hearts to the cause.

"Our 5K is all about helping children," said Race Director Andrea Content. "When we heard that girls needed a course to run to achieve a major life goal, we were pleased to help. Now, not only are we raising needed funds for foster care, but we're also supporting the goals and dreams of these young runners. It's a wonderful opportunity to bring together two wonderful organizations with a fun event."

Girls on the Run girls from around Palm Beach County will be able to show off their skills in the River Run 5K on December 9, 2017, and they are eager to wake up early for the 7:30 AM start.

"It's one time all season that their moms won't have to remind them to get ready," quipped Girls on the Run Council Director Diane Evans. "They've worked hard for 10 weeks and can't wait to cross that finish line. We are so grateful for our partnership with Spanish River Church that's making the 5K a reality for our girls."

To cross the finish line with the Girls on the Run girls and the more than 300 other community runners and "run for a reason", register at <https://runsignup.com/Race/FL/BocaRaton/RiverRun5K>

The finish line at the 5K is just the beginning for these girls, as they continue to use the life skills they learned in the program at home, in school, and in the community. Within the fun, tested curriculum, girls learned more about themselves, teamwork and community. Topics changed each lesson and included healthy body image, good nutrition, leadership, gratitude, anti-gossiping, and more. The girls also planned and executed community service projects to help other children in the community.

Evans hopes the new grant that Girls on the Run received from Children's Services Council for

winter/spring season (January through April 2018) will increase access and inclusion and enable girls from new schools and day care centers to participate.

"We are inviting 10 schools to open programs to serve 10 - 15 girls at each school through this very generous Great Ideas Initiative grant," commented Evans. "We hope schools will take advantage of this wonderful opportunity to bring a holistic approach to health and wellness to their students."

The Girls on the Run program was recently cited by a Harvard University study as one of the top 25 after school programs for social-emotional learning. It is the only program included in the study which also includes an important physical activity component to reinforce the topics.

To learn more about Girls on the Run Palm Beach visit www.GirlsontherunPBC.org

To learn more about the River Run 5K visit <http://www.spanishriver.com/river-run/>

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About Girls on the Run®

Girls on the Run Palm Beach (GOTR) was founded in 2011 as a local Council within a network of 225 federated councils nationwide. Locally, GOTR serves approximately 200 - 250 girls per year and fundraises to maintain quality programming for all girls and to ensure that girls in need are able to participate in its life-changing program. GOTR is a physical activity-based positive youth development program for 3rd to 8th grade girls. Participants develop and improve competence, feel confidence in who they are, develop strength of character, respond to others and themselves with care, create positive connections with peers and adults, and make a meaningful contribution to community and society. Each session is led by trained volunteer coaches who guide and mentor the girls through an evidence-based curriculum. The program concludes with girls completing a celebratory 5k event and a community service project, which give them a tangible sense of achievement as well as a framework for setting and achieving life goals. Nationally, Girls on the Run has served over 1.4 million girls since its inception in 1996.

About Spanish River Church

Spanish River Church (SRC) recently celebrated its 50th Anniversary. SRC is a multiethnic gathering of people whose lives have been reoriented by God and unified through an understanding of how God's love has been extended to them. SRC views the church as a family and offers opportunities for spiritual growth and community for all ages. Spanish River believes that everyone has a different story to share, and no matter who you are, where you've been, or what you've experienced, you are welcome. Spanish River Church gathers together each week to grow in their relationship with Jesus, experiencing His love and grace, and learning how to share it with others.