



Girls on the Run

PODS®, a leader in the moving and storage industry, will donate a PODS brand storage container for race day supplies.

After months of preparation, over 700 Girls on the Run of Atlanta participants and their running buddies, coaches and friends will join in the New Balance Girls on the Run Spring 5k – an end-of-season celebration with over 1800 participants, being held on April 30, 2011 in Atlanta, Georgia.

The host of the run is West Stride, a specialty running store located at Northside Drive and West Paces Ferry Road. Genie Beaver, owner, said “West Stride is extremely excited to host this run through beautiful Buckhead neighborhoods, which supports Girls on the Run’s vital work to help elementary middle school age girls train for a 5k and more importantly form positive habits that will last a lifetime.”

Girls on the Run (GOTR) is a non-profit organization that combines training for a 5K running event along with educating girls from the third to eighth grade on living a healthy lifestyle and promoting positive body image. Girls on the Run operates out of school track facilities, community centers, parks or fields throughout metro Atlanta. Sue Payne, Executive Director for the Atlanta council, said “Race day is an exciting and inspiring day! The look of pride on the girls’ faces and that of their parents, as they cross the finish line, is worth all the time leading up to that moment. For the girls, learning that whatever they set their minds to and work at, they can accomplish, is worth every ounce of sweat.”

With the store at West Stride at maximum capacity, PODS Atlanta will be helping out by providing a PODS brand storage unit to store race bags and other race day supplies. Ed McCrady, owner of PODS Atlanta, says “We here at PODS have known about Girls on the Run for several years, but this is our first chance to work with this great organization. We are also delighted to be partnering with West Stride, a great store here in Atlanta.”

Come join in after the run for activities and prizes for the whole family. For more information, visit www.girlsontherunatlanta.org. You can register for the run at West Stride or on-line at www.active.com.

About Girls on the Run

Girls on the Run of Atlanta is an Independent Council of Girls on the Run International, which has a network of over 160 locations across the United States and Canada. GOTR is a non-profit program for girls in the 3rd through 8th grade. Their mission is to educate and prepare girls for a lifetime of self-respect and healthy living. Their 12-week programs are held twice a year and led by certified volunteer Girls on the Run coaches. The girls meet for 90 minutes after school or on weekends to train. The programs instill self-esteem and strong values through health education, life skills development, mentoring relationships and physical training. For more information, contact 678-992-2670 or go to their website at <http://girlsontherunatlanta.org>.

About West Stride

West Stride is a specialty running store located at 3517 Northside Parkway, Suite #11, Atlanta, GA, 30327. At West Stride, it is their sole mission to help their customers achieve their running goals, whether it is getting to the starting line for that first 5k or finishing multiple marathons. They carry a full line of training and racing shoes, spikes and flats from brands like adidas, Asics, Brooks, Mizuno, Nike, and Saucony, as well as a wide arrange of apparel for all seasons and tastes. They also stock an assortment of accessories, ranging from nutrition products and injury prevention tools to socks, watches and sunglasses. Contact them at 404-467-1010 or visit their website at www.weststride.com.

About PODS Enterprises, Inc.

Founded in 1998, PODS currently provides moving and storage services to more than 240 million consumers in 48 U.S. states, Canada, Australia and soon the United Kingdom through its company-owned and independent franchise network. To date, the PODS network has completed more than 250,000 long-distance relocations, exceeded 1 million deliveries and has more than 140,000 PODS® containers in service.

PODS® secure containers are constructed of a steel frame and are available in three sizes: approximately 8-by-7-by-7 feet, 8-by-8-by-12 feet and 8-by-8-by-16 feet. The 12- foot and 16-foot containers have been tested to withstand winds of more than 110-mph when partially loaded. For more information or to schedule service, visit PODS.com or call 800-776-7637.