

## **GIRLS ON THE RUN: CREATING A WORLD WHERE EVERY GIRL KNOWS AND ACTIVATES HER LIMITLESS POTENTIAL!**

### *Our Story:*

Established in the fall of 2013, Girls on the Run Capital Region is an independent council of Girls on the Run International, which has a network of over 170 locations across North America. Our organization serves over 600 girls annually in grades 3-8 across the Capital Region including 40% of girls from lower socioeconomic and income-constrained backgrounds who require financial assistance to participate in the Girls on the Run program. Since its inception, Girls on the Run Capital Region has proudly impacted the lives of over 2600 girls. Program goals of *social-emotional* and *life skills* learnings, as well as physical development, are achieved through the efforts of over 150 trained volunteer coaches each year. At a national level, Girls on the Run has served over 2.25 million girls since 1996 and hosts the world's largest 5K series through hundreds of Girls on the Run 5K events held each year, the culminating goal of the curriculum.



### *Our Strengths:*

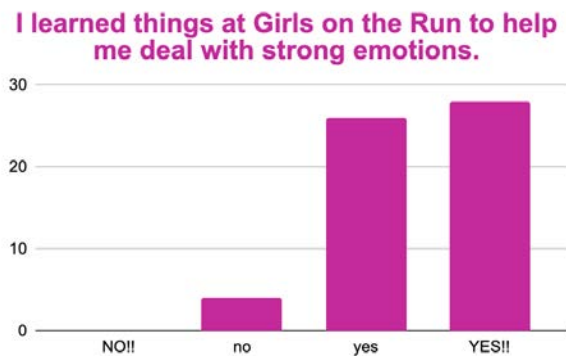
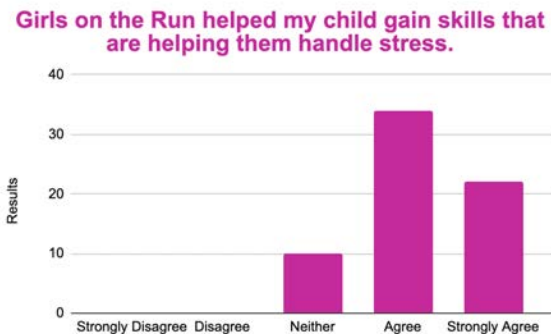
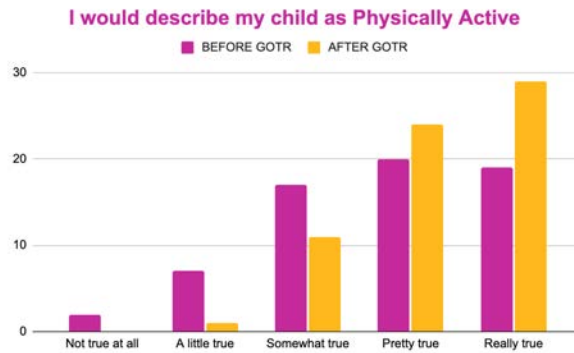
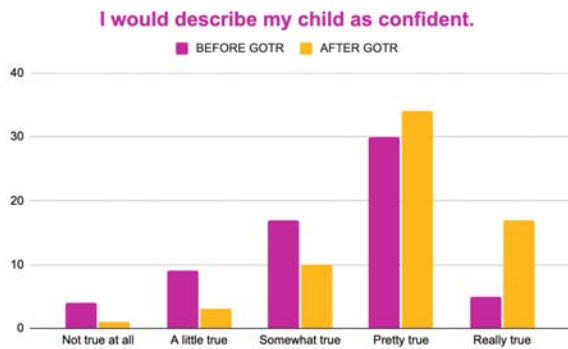
**Program Strength:** Through two intentionally designed programs, GOTR empowers girls in 3rd- to 8th-grade to recognize their inner strength, increase their level of physical activity, imagine their possibilities, and confidently stand up for themselves and others through the innovative integration of fun physical activities, life-skills lessons, and impactful community projects.

**Serving All Girls:** GOTR remains steadfast in serving the *whole community* and removes barriers to participation, financial and otherwise. In the Fall 2022 and Spring 2023 season, over \$33,000 in financial aid was provided to participants through scholarships. With focus on effort and personal improvement, participants of all abilities build their emotional and physical capacity. GOTR is committed to ensuring that lessons remain relevant to things currently impacting girls and offers a culturally responsive framework, ensuring the program experience is reflective of diverse participants.

**GOTR Coaches:** Our volunteer coaches are vital to bringing GOTR programming to life and as such GOTR Capital Region intentionally recruits, educates, and supports coaches throughout the program. While only one in 10 youth coaches nationally are formally trained, GOTR distinguishes itself by providing comprehensive training for volunteer coaches. This training ensures that coaches understand social context and are empowered to create inclusive environments for participants. This unique experience creates safe and trauma-sensitive environments as coaches are trained to recognize and minimize bias and enables coach-participant relationships.

### *The Change:*

In order to measure our program impact, each program season Girls on the Run collects qualitative and quantitative data from participants, their caregivers and our volunteer coaches via surveys. The data collected allow us to measure our program impact and to determine whether we're accomplishing the goals that we set out to achieve. In the subsequent charts we can see the increase in participants confidence, their physical activity levels, and their skill building in the areas of stress and emotions management. Additionally, the increase in girls' confidence and their ability to manage stress through acquired life skills can also be seen through caregiver, participant and coach testimonials Some examples are included below.



**Please share one way that your child has been positively impacted by their Girls on the Run experience, such as something your child learned or a lasting takeaway.**

“I think my daughter learned how to cope better with stress and think more positive about herself.”

“My daughter’s confidence in herself has grown so much since participating in girls on the run. She has found her voice.”

“My daughter was very critical of herself. She would generally put herself down in most instances but especially if she was trying something new. This past weekend I found a note that she wrote to herself in which she was listing all of her positive attributes. She has been so much kinder to herself and it makes me so happy to see. I can’t say enough good things about this program.”

**What is the most important thing you learned about yourself at Girls on the Run?**

“That I could do anything that I believe I can do and to always believe in myself also to encourage others and to do anything that I think I can do. The most important thing that I learned is that I able to change the world.”

**If someone asked you why they should coach for Girls on the Run, what would you tell them?**



“GOTR focuses on emotional and physical health. It will not only help you reach girls and help you see them grow but also will help you look inward and you will begin to prioritize your own emotional and physical well-being. Sometimes, I needed the lesson more than the girls.”

“Experiencing young girls develop an increased sense of self awareness, self-esteem and appreciation for relationships with others was so incredible. Girls were thoughtful in conversation, open minded and truly appreciative of the program. The hard work for the 5K was an added bonus!”

Based upon the changes measured in our surveys and the feedback we receive; it is evident that Girls on the Run programming helps girls to recognize their potential and rise above limiting gender expectations. Girls on the Run programs are about so much more than running – they make an impact at a critical age when confidence and physical activity decline!