



**“I learned to be strong and never give up.”**

- Ciondra, 6th Grade



**You can make a difference!**

**VOLUNTEER.** Be a coach, a running buddy or help at a 5k event. We provide training and support. Call or email us today.

**DONATE.** You can help ensure that any girl can participate in Girls on the Run! Give online at

[www.girlsontherunnew.org](http://www.girlsontherunnew.org)  
[kelly.ellington@girlsontherun.org](mailto:kelly.ellington@girlsontherun.org)  
920-450-6398

# About Girls on the Run

## What We Do

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained volunteer coaches use our research-based curricula to teach foundational lessons through dynamic discussions, activities and running games. Over the course of the ten-week program, girls in 3rd-8th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Our program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5k event.

## Why it Matters

Girls face social pressures and conflicting messages about how they should act and who they should be. Studies show that during adolescence, girls' confidence drops about twice as much as boys', friendships become more complicated and challenging, girls' perceptions of their academic success declines, their risk for anxiety and depression goes up and their participation in physical activity plummets.

**We believe that every girl is inherently full of power and potential. As the leaders of their lives, these are the girls that will change the world.**

## By the Numbers

- For 20 years, Girls on the Run has helped girls recognize their limitless potential and boldly pursue their dreams.
- Girls on the Run has over 220 councils currently serving all 50 states and the District of Columbia.
- This year, Girls on the Run will impact the lives of over 200,000 girls across the country.
- In 2015, 42 percent of girls received financial assistance to participate in the program.
- More than 100,000 adults are involved in the program as volunteer coaches, running buddies and 5k helpers.
- Girls on the Run hosted more than 350 5k events in 2015, making it the largest 5k series in the world.
- This past season, Girls on the Run teams completed over 8,100 projects to contribute to their communities.