

What is...

Girls on the Run?



A Program Like No Other

Girls on the Run, a 501(c)(3) nonprofit organization, is a **physical activity-based positive youth development program** that is designed to enhance girls' social, psychological and physical skills and behaviors to successfully navigate life experiences.

5Cs + 1

The 10-week curriculum includes lessons that specifically target helping girls improve in **competence, confidence, caring, character, connection and contribution**. Girls learn specific skills and strategies such as how to manage emotions, help others, make intentional decisions and resolve conflict that they use at home, at school and with friends.



Trained Coaches

The life skills curriculum is delivered by caring and competent **coaches who are trained to teach lessons** as intended while building relationships with and between girls; creating a positive, inclusive environment; and supporting individual improvement.



5K Celebration

The season concludes with a **celebratory 5K event**. Completing a 5K gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals.



Community Impact

The program inspires girls to build lives of purpose and to make a meaningful contribution to community and society. This comes to life through a key element of the curricula when **each team creates and executes a community service project**.



“

Girls on the Run has helped me understand what it means to be a girl.

It was an amazing experience being part of such an awesome team of girls. I will continue to teach others what I have learned with Girls on the Run and carry it with me for the rest of my life.”

– Malia, 11



Our Mission

We **inspire girls to be joyful, healthy and confident** using a fun, experience-based curriculum which creatively integrates running.

Our Vision

We envision a world where **every girl knows and activates her limitless potential** and is **free to boldly pursue her dreams**.



Our Core Values

Girls on the Run honors its core values. We strive to:

- + Recognize our **power** and **responsibility** to be **intentional** in our decision making
- + Embrace our **differences** and find **strength** in our **connectedness**
- + Express **joy**, **optimism** and **gratitude** through our words, thoughts and actions
- + **Nurture** our physical, emotional and spiritual **health**
- + **Lead** with an **open heart** and assume **positive intent**
- + **Stand up** for ourselves and others

