



Who we are

Girls on the Run® is a national 501(c)(3) nonprofit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our 10-week program drives transformative, sustained change in the lives of third- to fifth-grade girls across all 50 states.

What we do

Using an intentional curriculum that integrates physical activity, our trained coaches teach girls critical life skills and strategies they can apply to all aspects of their lives.

Why it matters

- Girls' self-confidence begins to drop by age 9
- 50% of girls ages 10 to 13 experience bullying such as name calling and exclusion
- Physical activity levels decline at age 10 and continue to decrease throughout adolescence

Our results*

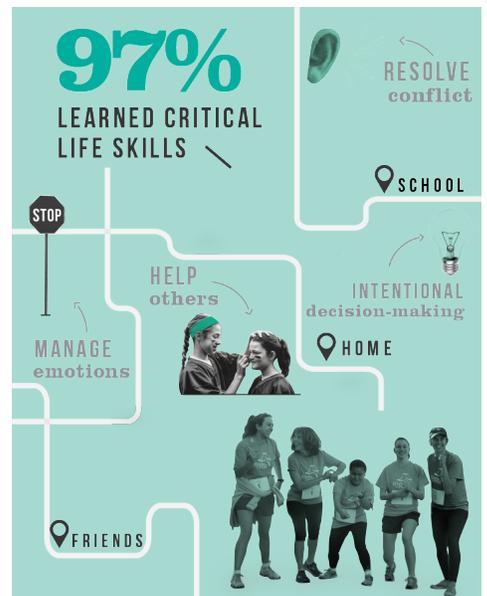
85%
IMPROVED IN
CONFIDENCE
COMPETENCE
CARING
CHARACTER
OR CONNECTION



GIRLS WHO WERE
LEAST ACTIVE
AT THE START
INCREASED IN
PHYSICAL ACTIVITY



BY MORE THAN
40%



Girls on the Run has a **POSITIVE IMPACT** on girls during the program and **BEYOND**.

Girls on the Run makes a **STRONGER IMPACT** than organized sports or physical education programs in teaching **LIFE SKILLS**.



Where girls made the greatest gains

CONNECTION
How supported they felt by their peers



CONFIDENCE
How much they liked the person they are



“ I will continue to **teach others what I learned** at Girls on the Run, and carry it with me **FOR THE REST OF MY LIFE.** ”

Learn how you can change the life of a girl. Visit us at girlsontherun.org

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.