Description

Girls on the Run® is a 501(c)3 non-profit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Meeting twice a week in small teams of 8-15 girls, we teach life skills through dynamic, conversation-based lessons and running games. The 24-lesson curriculum is taught by certified Girls on the Run coaches and includes three parts: understanding ourselves, valuing relationships and teamwork and understanding how we connect with and shape the world at large.

Running is used to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment. At each season's conclusion, the girls and their running buddies, complete a 5k running event. Completing a 5k gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals. The result—making the seemingly impossible, possible and teaching girls that they can.
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