

Girls on the Run Grows



Our Mission

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

Our Vision

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

Our Growth

Since 2002, Girls on the Run Puget Sound has served over 6,800 girls. By 2020, we envision over 3,300 girls in King County will participate in our programs each year. To increase accessibility and reach more girls in King County, we will shift and provide one expanded program season in the spring. This allows us to focus on recruitment efforts to both increase the number of girls reached by our program and serve girls in a more impactful way.



CONFIDENCE

COMPETENCE

In the 2016-17 Spring season, our goal is to increase the number of unique participants by

27%

300 girls on 20 new teams!

I highly recommend the Girls on the Run program to any organization as I have seen the positive results in action.
- Liz Ritz, Director of Curriculum and Instruction, Bellevue School District
Mom to two girls (ages 9 and 4)

We aren't just telling girls they are strong and that they can do whatever they want to do and be. We are providing them with a dress rehearsal and putting into practice the lessons we teach so they know their own strength.
- Brenda Schenck, Girls on the Run coach and Teacher in Tukwila

I have seen it for four years at Maywood [Elementary], and then last year with my own daughter in a neighboring district. OMG I LOVE THIS PROGRAM!
- David Wellington, Principal at Maywood Elementary



CONNECTION

CARING

CHARACTER

Start a new team or site!
Girls on the Run for 3th-5th graders
NEW! Heart & Sole for 6th-8th graders

For more information and to start a site, visit girlsrun.org/get-involved/start-a-site

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