



Helping our Community



GROW

GLOW



DEAR FRIENDS & SUPPORTERS,



Thank you for being an essential part of another remarkable year at Girls on the Run of Northern Virginia! Because of your unwavering support, we've continued to grow, glow, and make a meaningful impact across Northern Virginia.

This growth not only reflects the increasing number of program participants unleashing their limitless potential, but it extends to the greater Girls on the Run of NOVA community, elevating their social and emotional health. We're thrilled to have successfully launched both the Joyful Journeys Podcast and our GOTR for Grown-Ups lessons. These new initiatives have helped us broaden our reach and connect with even more members of our community in an innovative and meaningful way.

Emphasizing we are truly more than just a running program!

Your contributions enable us to continuously expand our programs and create new opportunities for our community to glow. Thank you for your continued belief in our mission, and we look forward to another year of growth, empowerment, and joy.

Sincerely,

Caroline Woods
Catherine Keller
Jasmine Taylor
Andreanna
Ashley Cantel
Sammy Carr
Megan M. Fay



Our Impact

Fall 2023 - Spring 2024

 **3,873** PROGRAM PARTICIPANTS

 **192** TEAMS

 **1,943** DEDICATED COACHES AND VOLUNTEERS

 **\$195,538** PROGRAM SCHOLARSHIPS



**We are ready.
We are set.
Let's go.**

Girls on the Run taught me...

I CAN DO WHATEVER I
SET MY **MIND** TO.

NOBODY IS PERFECT
AND EVERYONE IS
UNIQUE AND **SPECIAL**.

I CAN PUSH MYSELF
MORE THAN I
THOUGHT I COULD.

I HAVE A **BIG** VOICE
THAT I CAN USE.

I LEARNED THAT I CAN
ALWAYS BE MYSELF.



GOTR For Grown-Ups

GOTR NOVA PILOTED GOTR FOR GROWN-UPS DURING FISCAL YEAR 2024 AND HOSTED **14** WORKSHOPS TO A TOTAL OF **319** ATTENDEES.

GOTR For Grown-Ups offers a unique opportunity for older youth and adult leaders in our community to grow their professional and personal skills through a “grown-up” adaptation of our programming.

Styled similarly to a Girls on the Run lesson (but with no running required), these workshops develop a wide range of hard and soft skills for participants and provide tangible tools that attendees can take and implement in their everyday lives.

WORKSHOP TOPICS

-  RESILIENCE
-  ADVOCACY
-  COMMUNICATION
-  EMOTIONAL INTELLIGENCE
-  FINDING BALANCE



Joyful Journeys



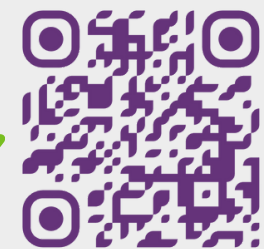
THE PODCAST HIGHLIGHTING INSPIRATIONAL INDIVIDUALS IN THE GOTR & NOVA COMMUNITIES.

EST. FALL 2023



200+ DOWNLOADS

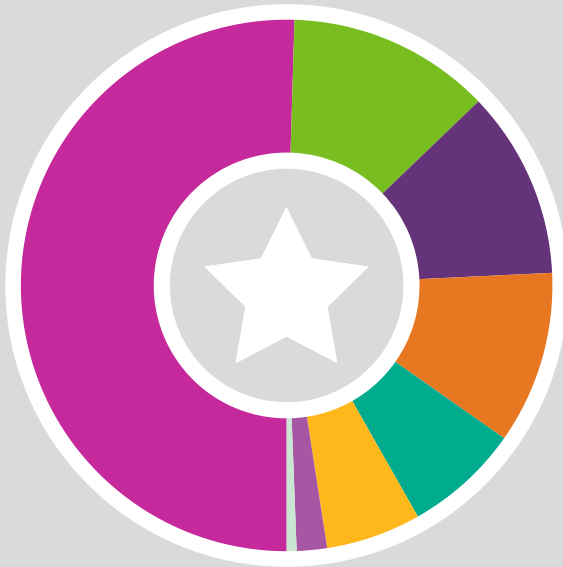
Scan me to listen now!



<https://tr.ee/3kSEGGWOel>

Financials

EARNED & CONTRIBUTED INCOME

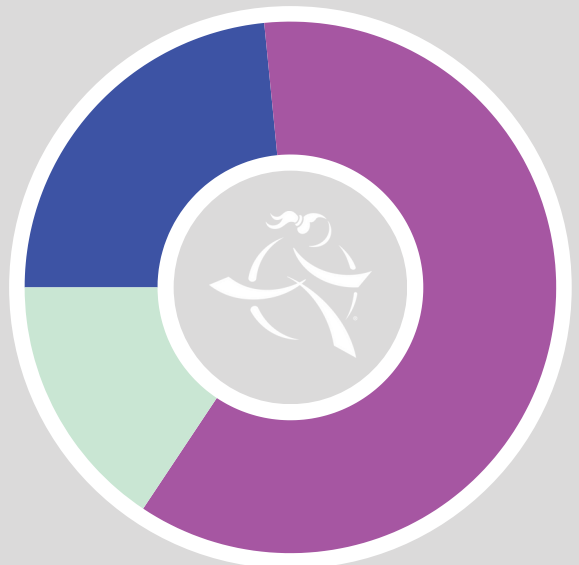


● Program Registration.....	\$546,470
● 5K Registration.....	\$133,856
● Sponsorships.....	\$123,563
● Grants.....	\$113,736
● Donations.....	\$76,172
● In-Kind.....	\$62,612
● Special Events.....	\$19,863
● Merchandise Sales.....	\$6,512

TOTAL: \$1,082,784

OPERATING EXPENSES

● Infrastructure.....	\$259,198
● Program.....	\$674,057
● Fundraising.....	\$173,179



TOTAL: \$1,106,434

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