

THE POWER OF OUR CONNECTEDNESS



Girls on the Run South Louisiana

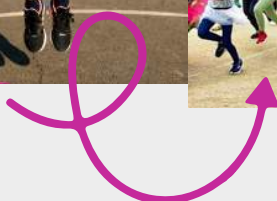
2022 ANNUAL REPORT





Our **CONNECTEDNESS** grew stronger during the pandemic. Those powerful bonds have allowed **GIRLS ON THE RUN SOLA** to share our impactful program with even more girls.





Dear friends,

As we reflect on the past year, the word connectedness ties together the people, places, and power of the year 2022. The power of our connectedness and appreciation for one another grew stronger during the pandemic. It showed in the day-to-day work of our staff members as well as in the dedication of our volunteers. Connectedness also represents the link between our organization's past experiences and our desire to continue building a better tomorrow for girls. Since 2009, we have created that magical feeling of connection and belonging for more than 11,700 girls across south Louisiana. And now, the future of our girl empowerment organization is bright.

That work was evident last year as we continued to build back after the global pandemic. In 2022, we served 662 girls in our community with the unwavering support of 139 volunteer coaches. We expanded into 38 sites with the support of passionate individuals who are dedicated to creating a world where every girl knows and realizes her power and potential. We strengthened our commitment to inclusion, diversity, equity and access by improving Spanish-speaking resources and increasing program sites in rural parishes. We forged meaningful partnerships with community members who share our core values and mission to inspire more girls to discover their unstoppable strength. We celebrated together as over 1,500 participants, families, coaches and supporters crossed the finish line at our joyful 5K events.

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Every Girls on the Run season, girls establish a connection between their inner strength and limitless potential. Establishing connections with those around us, ourselves, and our true purpose requires great intention. We couldn't accomplish this work without you.

Your commitment to Girls on the Run South Louisiana has made it possible for more girls to participate in our transformational programming, setting them up for a lifetime of meaningful connections to helping them boldly pursue their dreams.

Warmly,

Carley Fuller

EXECUTIVE DIRECTOR



PROUDLY

uplifting and inspiring kids

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



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



Lead with an open heart and assume positive intent



Nurture our physical, emotional and spiritual health



Stand up for ourselves and others

MEET *Tabitha*

Girls on the Run Participant



"I've made some great connections through Girls on the Run. I didn't know people on my team before this. I know them now and when I see them around school and they wave to me, I wave back.

I really like that it's not only about running because I'm not much of a runner. I like the learning aspect of it. The lessons help me when I'm stressed or anxious or I feel like I can't do it. I remember positive self-talk and I remember to stop and breathe."

A YEAR OF *building back*

As daily lives returned to a normal cadence post-pandemic, we have seen our numbers of participants trend upward toward pre-pandemic levels. This building back process only confirmed the need for our programming is as strong as ever.

662

unstoppable and remarkable girls

139

kind-hearted and dedicated coaches
and volunteers

38

program sites

\$48,200+

in scholarships provided to girls



MEET

Katie

School Counselor and
Girls on the Run Coach

"Girls on the Run and Heart & Sole have forever changed our school's culture in countless ways. I hope it is always something the girls look forward to. It was a wonderful experience to watch these girls grow their friendships, work on their confidence, and set out to meet their goals. Because of Heart & Sole, all our girls improved their attendance, their participation in class increased, and they all became advocates for themselves and each other. My hope for these girls is that they continue to grow and learn and continue to raise each other up."



THANK YOU, *partners*

In 2022, National Partners, corporations, foundations, local sponsors and individuals made it possible for Girls on the Run South Louisiana to reach hundreds of families. In turn, 662 girls found their inner strength, formed lasting connections with their teammates and made meaningful impact in communities across south Louisiana.

The generosity of our supporters is central to our impact. That impact is evident in every girl who joins our program and finds the confidence to challenge herself, find her voice and achieve her dreams.



NATIONAL PARTNERS



Gamma Phi Beta

thirty-one®



LOCAL SPONSORS



NADIA



COX





"Being a coach allowed me to get out of my comfort zone and challenge myself. As a Latina woman who predominantly speaks Spanish, I feel I am breaking barriers."

*-Patricia,
Caregiver and
Girls on the Run Coach*

"It was amazing to see 13 strangers come together as a team and become an unbreakable family. We all crossed the finish line at the 5K."

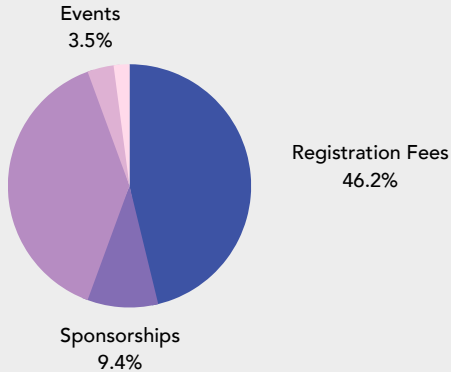
*-Allisson,
Heart & Sole Participant*



"The lesson on 'Connection' teaches how to find common ground with those who may seem different. By focusing on our commonalities, we can build a better world one connection at a time."

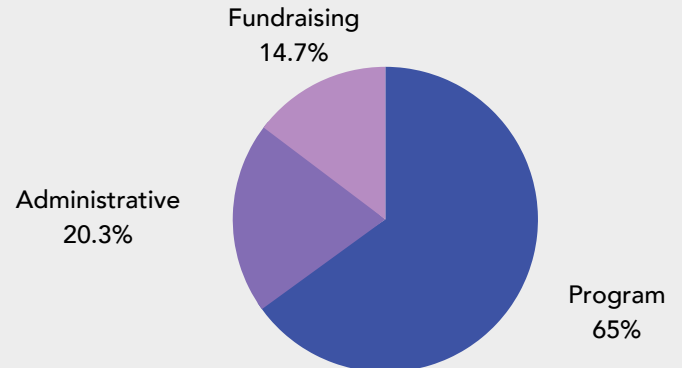
*-Jennifer,
Girls on the Run
Coach*

FINANCIALS



Support, revenue and other income (loss):	Total
Sponsorships	\$17,885.06
Contributions and grants	\$74,190.56
Registration fees	\$88,309.03
Merchandise sales	\$4,016.74
Fundraising events	\$6,614.53
Other	\$0
Merchandise Expense	\$3,656.80
Total support, revenue & other income (loss):	\$187,359.12

Expenses	Total
Program	\$108,308.51
General and administrative	\$33,827.35
Fundraising costs	\$23,484.28
Total Expenses:	\$165,620.13



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Thank you to Layna Rush, Langley McClay, Niki Norton, and Natalie McCall who completed their board service in 2022.



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