

# Girls on the Run Capital Region 2024 Gratitude Report





As the challenges facing  
today's girls have increased,  
**Girls on the Run  
Capital Region**  
is meeting the moment by  
meeting their needs.



## DEAR FRIENDS,


As we celebrate the completion of 10 years of programming in the Capital Region, we remain steadfast in our mission: building confidence, fostering a love for physical activity, and nurturing emotional health in girls. In today's challenging times, programs like Girls on the Run are more essential than ever.

To meet the needs of girls in our region, we have served over 3,500 participants since our founding.

Annually, more than 40% of the girls in our program receive financial assistance, ensuring access for those who might not otherwise participate.

We've also developed a strategic plan to expand access, foster inclusivity, and create a strong sense of belonging.

And this year we rolled our new, refreshed curriculum that is thoughtfully designed to inspire girls to be joyful, healthy, and confident.



After a year of impactful work, we are as energized as ever. We are ready. We are set. Let's go!

## ONWARD,

**Sarah Smith Syden**  
Executive Director



# Uplifting and Inspiring Girls

## 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.







Before joining Girls on the Run, my daughter was very critical of herself. She would generally put herself down in most instances but especially if she was trying something new.

This past weekend I found a note that she wrote to herself in which she was listing all of her positive attributes. She has been so much kinder to herself since joining GOTR and it makes me so happy to see. I can't say enough good things about this program.

— GOTR Caregiver

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

As we plan for the year ahead, we remain deeply committed to our mission to build confidence, fuel a love for physical activity, and nurture emotional health in girls. And in today's challenging times, programs like Girls on the Run are proving to be more essential than ever.



**632**

**UNSTOPPABLE GIRLS**



**189**

**DEDICATED COACHES  
AND VOLUNTEERS**



**47**

**WELCOMING  
SITES**



**\$45,822**

**IN SCHOLARSHIPS  
FOR GIRLS**





Connecting with the girls, encouraging positive ways of thinking, and sharing a love of running are all so fun. It feels really good to help the girls feel seen, respected, and listened to.

—GOTR Coach

The girls need you more than you realize. GOTR provides some girls an opportunity to find their inner athlete when they might not have otherwise had the chance. It's very fulfilling to feel as their coach, that you had a part in helping a girl feel more confident in her abilities, body and relationships.

—GOTR Coach



# Thank You!

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to our 2024 partners!

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