Who we are

Girls on the Run® is a national 501(c)3 nonprofit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our 10-week program drives transformative, sustained change in the lives of third- to fifth-grade girls across all 50 states.

What we do

Using an intentional curriculum that integrates physical activity, our trained coaches teach girls critical life skills and strategies they can apply to all aspects of their lives.

Why it matters

- Girls’ self-confidence begins to drop by age 9
- 50% of girls ages 10 to 13 experience bullying such as name calling and exclusion
- Physical activity levels decline at age 10 and continue to decrease throughout adolescence

Our results*

85% improved in confidence, competence, caring, character, or connection

Girls who were least active at the start increased in physical activity by more than 40%

97% learned critical life skills

Girls on the Run has a positive impact on girls during the program and beyond.

Girls on the Run makes a stronger impact than organized sports or physical education programs in teaching life skills.

Where girls made the greatest gains

Connection: How supported they felt by their peers
Confidence: How much they liked the person they are

“I will continue to teach others what I learned at Girls on the Run, and carry it with me for the rest of my life.”

Learn how you can change the life of a girl. Visit us at GirlsontheRun.org

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.