What is Girls on the Run?

Girls on the Run is the only national physical activity-based positive youth development program for girls with compelling evidence of program impact. Girls on the Run is a 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. We offer three unique programs, each with a distinct research-based curriculum. Trained coaches lead girls through the intentional curriculum, and physical activity is woven into lessons to inspire a lifelong appreciation of health and fitness.

PROGRAM OFFERINGS

10-week elementary school program offered before or after school
• Girls learn specific skills and strategies such as how to manage emotions, help others, make intentional decisions, and resolve conflict.
• Girls are inspired to make a meaningful contribution to society through the development of a community service project.
• Program ends with a celebratory, non-competitive 5K.

10-week middle school program offered before or after school
• Girls learn about themselves, explore new ideas, cultivate empathy, and develop life skills that will help them through adolescence and beyond.
• Addresses the whole girl — body, brain, heart, spirit and social connection while meeting the unique needs of this age group.
• Program ends with a celebratory, non-competitive 5K.

Week-long program offered during school breaks or intercessions
• Addresses the physical, social and emotional development of girls in a fun and inclusive setting.
• Includes interactive lessons, being physically active and expressing creativity through arts & crafts and storytelling.
• Girls develop self-confidence and learn life skills they can use now and as they grow.

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LEARN MORE AT GIRLSONTHERUN.ORG