

Who we are

Girls on the Run® is a national organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our dynamic, fun program drives transformative, sustained change in the lives of young girls across all 50 states.

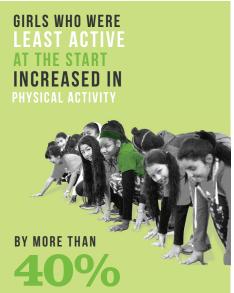
What we do

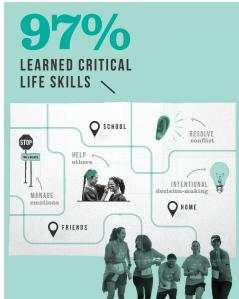
Using an intentional curriculum that integrates physical activity, our trained coaches teach girls critical life skills and strategies they can apply to all aspects of their lives.

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





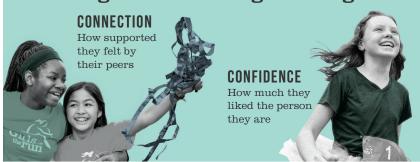


Girls on the Run has a **POSITIVE IMPACT** on girls during the program and **BEYOND**.

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



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 www.GirlsontheRunPBC.org