

**“Now I know that
I can achieve
anything I can
imagine.”**

- Jada, 4th grade



How you can help!

Volunteer. Be a coach, a running buddy or help at a 5k. We provide training & support. Call or email us today.

Donate. You can help ensure that any girl can be a girl on the run! Give online at www.gotrcincinnati.org

Greater Cincinnati
www.gotrcincinnati.org
info@gotrcincinnati.org
513-321-1056

About Girls on the Run

Girls on the Run is an empowering program for girls in 3rd-8th grade—giving them skills and experiences to navigate their world with confidence and joy!

How do we do it?

Meeting twice a week in small teams, **we teach girls life skills through engaging lessons and fun movement activities**. The curriculum is taught by certified Girls on the Run coaches and helps each girl understand and celebrate herself, value healthy relationships, and realize her power to impact the world!

Why it matters!

Girls today sort through countless messages about their worth... their image... their abilities. Girls on the Run helps empower them to be the authors of their own stories. **The transformation is unmistakable.** It's the light of discovery within each girl as she starts to understand and activate her limitless potential. Our girls' families see it in girls that are more joyful, healthy and confident. Their teachers see it in girls that are willing to share their thoughts or stand up for themselves and others.

Up and running!

Running is used to inspire the girls and to encourage lasting health and fitness. At the conclusion of each program cycle, the girls and their running buddies complete a 5k running event that provides them with a lifelong memory of accomplishment.

The result? Healthy, confident girls who CAN!

Points of interest:

- Girls on the Run has 225 councils currently serving more than 179,000 girls a year across the United States.
- Girls on the Run International has served more than 1 million girls since its inception in 1996.
- More than 98,000 volunteers across the country dedicate their time to Girls on the Run each year.
- Girls on the Run holds more than 350 5k running events each year, making it the largest 5k series in the nation!
- More than 42% of girls nationwide receive financial assistance to participate in Girls on the Run.

