



# INSPIRING GIRLS TO BE JOYFUL. HEALTHY. CONFIDENT.

Girls on the Run is a physical activity-based **positive youth development program** (PA-PYD) designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life experiences. Meeting **twice a week, in small teams** of 8-20 girls, we teach life skills through dynamic lessons and running games. Our **20-lesson curriculum is taught by certified Girls on the Run coaches** and includes three parts: understanding ourselves, valuing relationships and teamwork, and understanding how we connect with and shape the world at large. The program culminates in a **non-competitive 5k event** that gives the girls a tangible sense of achievement, as well as a framework for setting and achieving life goals.

## Girls on the Run of Northwest Arkansas



**2 Counties – 67 Sites – 1,506 Girls**



### Vision

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

### Values

- \* Recognize our power and responsibility to be intentional in our decision making.
- \* Embrace our differences and find strength in our connectedness.
- \* Express joy, optimism, and gratitude through our words, thoughts, and actions.
- \* Nurture our physical, emotional, and spiritual health.
- \* Lead with an open heart and assume positive intent.
- \* Stand up for ourselves and others.



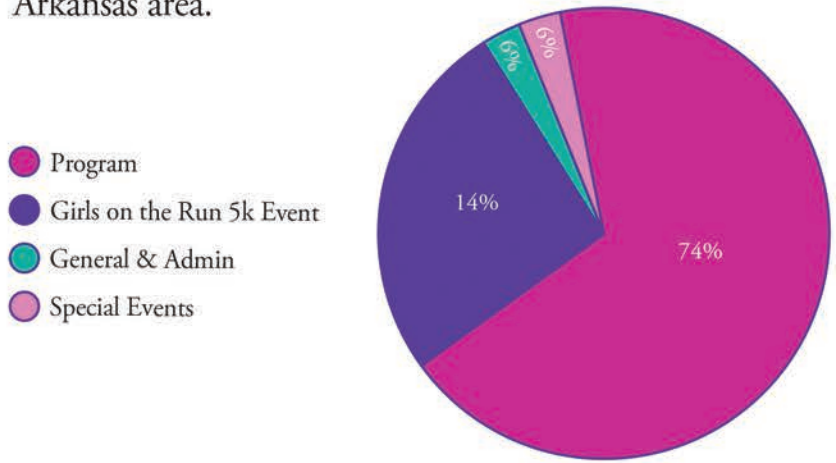
**A \$150 registration fee covers the direct costs of one child's participation in our twice a week, ten week program.**

**Each girl receives:**

- \* Twenty 90-minute lessons (30 hours of instruction) conducted by certified coaches
- \* Curriculum handouts and running incentives
- \* A healthy snack at each session
- \* An official Girls on the Run program t-shirt
- \* A Grown Ups Guide for families
- \* Entry into the incredible Girls on the Run 5k event
- \* A beautiful finisher's medal
- \* An end of season celebration

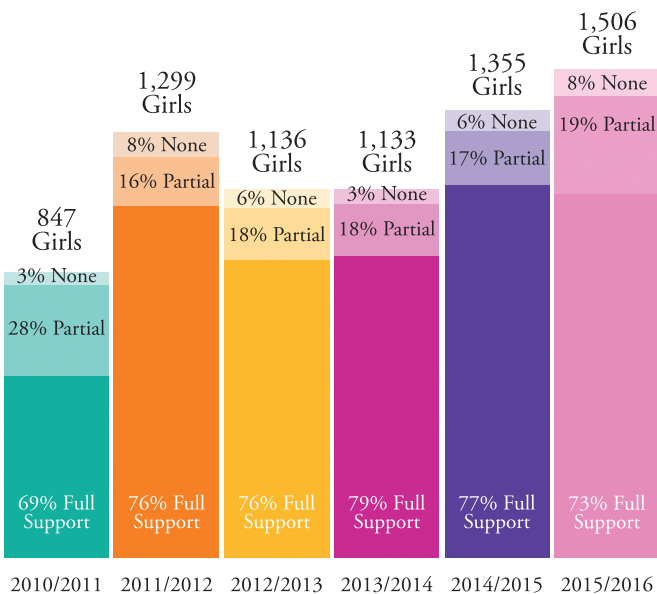
**Expenses**

Building confidence and empowering girls to become leaders in our community is **PRICELESS!** However, there are real costs associated with operating a non-profit organization and delivering the Girls on the Run program to **thousands** of girls in the Northwest Arkansas area.



**Reach**

Girls on the Run of Northwest Arkansas serves a large territory with a diverse population and we want every girl to have the opportunity to participate in our program regardless of her family's socioeconomic status.



**Revenue**

Our goal is to reach as many girls as possible! Our staff, sponsors and volunteers work hard year round to raise funds so that we are able to support all girls who would like to participate.

