



Girls on
the run
Twin Cities



2015 Annual Report

caring • confidence • competence • connection • character • contribution

“*[My daughter] had a great time being more active, but I think it is really the amazingly positive and supportive vibe of the entire program that had the biggest impact.*

-A Girls on the Run Parent

CARING

*confidence
competence
connection
character
contribution*



Dear Friends,

It has been a remarkable year for Girls on the Run Twin Cities. With a focus on intentionally helping every girl know and activate her limitless potential and feel free to boldly pursue her dreams, our organization is bringing about positive change in a powerful and celebratory way.

In the 2014/2015 school year:

- We hired an amazing Program Director and deliberately expanded our reach to 25 sites.
- Our commitment to accessible, impactful programming for all interested girls continues to hold strong. As a result, we provided over \$40,000 in financial assistance to serve girls in need. That comes out to 43% of participants receiving a scholarship, including 23% requesting and receiving running apparel.
- Purposeful program delivery and collaborative leadership remain a significant priority for the organization and makes us a destination for volunteers and partners who wish to change the lives of girls across the Twin Cities. The GOTR movement has grown to 150 coaches and hundreds of other volunteers making it possible for us to reach almost 700 girls in FY2015.

With an expanded base of partners and donors, we were able to intentionally prepare to launch our middle school program “Heart and Sole”, invest in additional staff as well as an office space, and build our ever growing infrastructure. We look forward to celebrating in our new office later this fall – watch for the Open House announcement!

Why did we do all this? Because we believe GOTR truly makes an impact on every person that comes in contact with it, including participants, families, running buddies, partners, coaches, staff and volunteers. Participants completing the program show an increase in confidence, physical activity levels, body size satisfaction, and a decrease in screen time. The joy radiating at the finish line of our 5k shows how we unleash confidence through accomplishment. Parent and coach feedback tells us that GOTR changes their lives as well.

We’re thinking bigger and better about how we deliberately expand our reach and gather the support we need to sustain it. We’re so appreciative of the role you’ve played in our growth and impact this past year (or more!). We are honored to serve this organization and are grateful for the shared commitment to building joyful, healthy and confident girls. Together, we are making it possible for our girls to purposefully dream more, learn more, do more and be more.

With gratitude,

Mary Uran
Executive Director

Alyssa Hawkins
Board Chair

What is Girls on the Run?

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. Over the course of the program girls will:

- **Develop and improve competence**
- **Feel confidence in who they are**
- **Develop strength of character**
- **Respond to others and oneself with care and compassion**
- **Create positive connections with peers and adults**
- **Make a meaningful contribution to community and society**

These life skills will prevent unhealthy and risky behaviors, such as physical inactivity and negative body image, and promote positive healthy outcomes, including physical, mental, social, and spiritual health.

staff

Mary Uran Kathleen Cannon
Executive Director *Program Director*

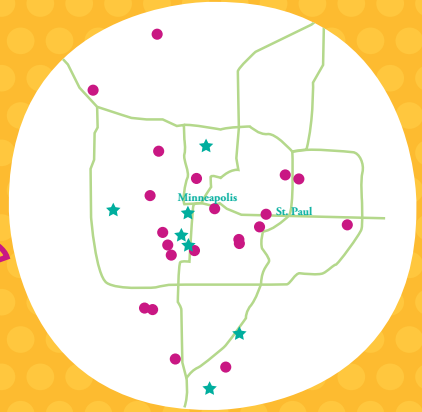
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Dana Peterson <i>Vice Chair</i>	Alyssa Boeve <i>Finance Chair</i>	Becky Schneider <i>5k Chair</i>	
Meredith Eichten <i>Secretary</i>	Kalsey Beach <i>Special Event Chair</i>	Elizabeth Johnson <i>Development Chair</i>	

2015 Program Highlights

710 Girls Served

*270 in 2014
105 in 2013*



193 Coaches

*73 in 2014
26 in 2013*

70%
Coach
Retention

146 Pairs of Running
Shoes Provided

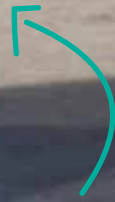


Girls who began with lower pre-season scores on confidence, connection, and character showed improvements from pre-season to post-season.

Improvements in physical activity frequency and sedentary behaviors were also found for girls who began with lower pre-season scores.

“She had a great time being more active, but I think it is really the amazingly positive and supportive vibe of the entire program that had the biggest impact.

-A Girls on the Run Parent



caring

CONFIDENCE

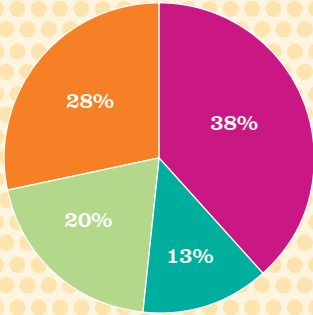
competence

connection

character

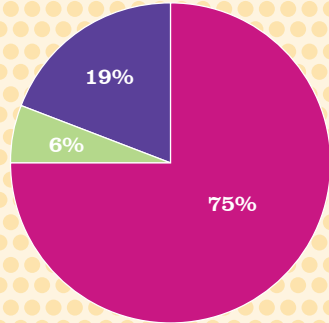
contribution

Sources of Funding



- Corporations & Foundations
- Individuals
- Events
- Program Revenue

Functional Expenses



- Program Services
- Management and General
- Fundraising

*Year ending June 30, 2015

“GOTR is the highlight of my week. To be given this incredible gift to work with young girls in a positive and structured environment is something I cherish! We can change the world... one young lady at a time! I have been watching it happen right before my eyes!

—Allison, Lake Harriet Coach

our VOLUNTEERS

risk management

Brian Cihacek
Amanda Lagatta
Jennifer Olson

special events

Desire Guida
Katie Krois
Kelli Millslagle
Sarah Rosenak

development

Dina Carpenter
Annie Wanner
Erin Woodward

marketing

Rebecca Johnson
Kate Nyquist
Sarah Showalter
Emily Stickler
Brianna Wunderlich

finance

Erin Bauer
Bridget Kelly

5k

Jenni Beadle
Allison O'Neill
Elizabeth Vincenty
Amy Wayda

program support

Ellen Armbruster
Tera Bollig
Kristan Kesler
Veronica Kneeland
Stefanie Lucas-Waverly
Joanne Miller
Natalie Conrad
Allie Furr
Lisa Hobson
Virginia McCoy
Kaye Scovil

coaches

Alison Albrecht
Jane Allen
Megan Allen
Gabriela Alvarez
Janaya Anderson
Amy Anderson
Christine Anderson
Leah Anderson
Barb Anderson
Brenda Applequist
Jennifer Baker
Hilary Bauer
Karen Beasley
Amanda Beaudoin
Renee Beck-
man-Schwind
Lauren Billing
Carrie Bloomfield
Judie Bomchill
Lorie Brunette
Angela Burt
Alison Carlson
Jackie Cartier
Sam Clingan

Christine Cole
Jennifer Colich
Sarah Colwell
Natalie Conrad
Cindy Crawford
Charlotte Delatorre
Charlotte Delatorre
Nicola Derryberry
Maurer
Heather Dodgers
Rubash
Kristy Doherty
Allison Durig
Danielle Eberly
Elizabeth Ellefson
Stephanie Enge
Rachel England
Emily Ertel
Sarah Ewald
Jennifer Face
Maggie Fazeli Fard
Anna Feigum
Karen Felling
Kira Fischler

Kristi Floria
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bacher
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Kristin Hoff
Marcia (Marcy)
Hokenson
Jennifer Houtman
Kaitlyn Hunting-
ton
Courtney Ivory
Corinne Jackson
Elizabeth Johnson
Erin Jones
Shannon Jones
Jennifer Kaczynski
Penny Kaiser
Nancy Kehn
amy Kircher
Allyson Labine
Sookie Land-
steiner
Mary Ann Lau-
bach
Eliza Leahy

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Justine Lueck
Stephanie Lund
Amber Manke
Anne Marshall
Jackie Mart
Jennifer Martone
Virginia McCoy
Virginia McCoy
Skye McLoughlin
Sarah McNiff
Melissa Mehaffey
Jennifer Merriam
Emma Miller
Faith Miller
Kris Miner
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Julia Mullan

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Kelli Olson
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Allison O'Neill
kara parker
Melissa Pavlik
Carla Perino
Brandi Pottle
Chelsea Preiner
Erin Probst
Alena Rakita
Kathryn Reed
Elizabeth Reeves
Dina Reminick
Lynnea Rice
Breanna Richie
Josephine Robinson

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Christine Roese-McMillen
Jacquelyn Rupp
Anna Saari
Mary Sarafolean
Mary Schlaphoff
Kaitlin Schmidt
Kyra Schugt
Hannah Schultz
Alison Scofield
Kathleen(Kaye) Scovil
Alice Shepro
Kym Simmons
Gillian Singer
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Rebecca Spurr

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Amanda Telschow
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Peg Tuttle
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Hyedi Cribben Nelson
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Katie Cullen-Huebschen
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Jacqueline Day
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Diane Deigmann
Lisa Deming
Jeff Denney
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Anthony DeSoto
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Jeanne Dobson
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Shelly Hendricks	Kristina Koch	Virginia McCoy	Melissa Paulson
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