

Vision + Mission

Girls on the Run envisions a world where all girls can know and activate their limitless potential and be free to boldly pursue their dreams. The program inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates movement.



OVERVIEW

Reach



Each year, more than 1,000 participants ages 8 to 13 participate across Rhode Island and Bristol County, Massachusetts. Since 2012, 7,578 girls and counting have been transformed, inspired, and empowered. Over 60 sites host our program during the 10-week seasons in the spring and fall. Each team completes a participant driven community impact project. More than 1,800 participants and spectators attend our spring and fall end-of-season 5Ks each year.

Inclusion, Diversity, Equity and Access (IDEA)

The organization's core values drive its ongoing and continual commitment to being inclusive, diverse, equitable and accessible. Girls on the Run values the dignity and humanity of all people and is dedicated to doing its part to create a more just and inclusive world for all.



Critical Need

Girls' self-confidence begins to drop by age 9. Physical activity levels decline starting at age 10 and continue to decrease throughout adolescence. Fifty percent of girls ages 10 to 13 experience bullying such as name calling and exclusion at a time when peer relationships become more central to girls' lives.



Curriculum & Coaches

Leading experts in positive youth development create structured and dynamic lessons that use running and other physical activities to promote and support healthy outcomes for girls. The life skills curriculum is delivered by caring and competent coaches who are trained to teach lessons as intended.



Impact

An independent study found that 97% of participants learned critical life skills including managing emotions, resolving conflict, helping others, or making intentional decisions at Girls on the Run. Skills they continue to use at home, at school and with their friends.



Our Board Members

- Commit to serving at least one 3-year term.
- Attend monthly meetings, actively engage in Board and committee work, and contribute your time and talent to Girls on the Run RI.
- Stay informed about our programs, partnerships, operations, marketing strategies, fundraising activities, and other strategic priorities.
- Represent Girls on the Run RI in the community so others may learn about, benefit from, and contribute to the services we provide.
- Make a personally meaningful financial commitment and help the organization raise additional funds.



Who You May Be and What You May Bring

- Active in your community and live in Rhode Island or Bristol County, MA
- Bilingual (Spanish or Portuguese are a plus)
- Knowledge of or interest in:
 - Finance
 - Fundraising
 - Community Events
 - Legal
- Excitement for empowering girl-identifying and gender expansive youth through social-emotional learning and physical activity



Next Steps

Stay tuned to learn more about what it means to serve on our Board from current members and the Executive Director at one of our virtual info sessions coming in late winter/early spring 2026

We encourage individuals of all backgrounds and experiences to submit an [interest form](#). Conversations will take place in late March and final decisions will be made by mid-late April. Newly elected members will attend orientation in May and officially begin their term in July. Other opportunities to engage with the Board may be available to get involved sooner.

