

Join Us! We are able to do what we do thanks to the overwhelming community support. There are so many ways to get involved and be a part of Girls on the Run of Snohomish County:

- Visit our website and donate online — you can donate once or set up a monthly donation and help all year
- Join SoleMates, our charity running group, and raise money for us while training for an event
- Be a program sponsor or sponsor our 5K
- Become a coach
- Volunteer at one of our events
- Attend one of our fundraising events
- Join us for our Celebration 5k event
- Donate \$185 to provide a scholarship
- Donate \$50 to provide a pair of shoes
- Like us on Facebook:
www.facebook.com/girlsontherunsno
- Follow us on Instagram:
www.instagram.com/girlsontherunsno
- Tell all your friends about us



Looking forward to the year ahead...

Coach Applications

Online coach applications for Spring 2020 open October 2019

Spring 2020 Program Registration

Sign up online beginning January 2020

Spring Season 2020

March – June

2020 Celebration 5K

Saturday, May 30, 2020
Memorial Stadium, Everett

Sneaker Soirée Fundraiser

October 2020



Girls on the Run is for
EVERY girl.

2019 Annual Report



Girls on the Run® is a 501(c)3 non-profit organization.

Girls on the Run of Snohomish County • 6505 218th Street SW, #14, Mountlake Terrace, WA 98043

www.GirlsOnTheRunSnoCo.org

Girls on the Run of Snohomish County

Staff

- Megan Wolfe**
Executive Director
- Leah Bernstein**
Program Director
- Audrey Duncan**
Direcoter of Communications/
Program Manager
- Shannon Koller**
Development Director

Board of Directors

- Chelsea A. Berman**, Member
- Christy Brookhart**, Member
- Melissa Calkins**, Chair
- Jennifer Hockenhull**, Treasurer
- Elizabeth Khalaf**, Member
- Ranya Khalil**, Member
- Sarah Maxwell**, Secretary
- Kathleen Quirk**, Member

Dear Fellow Stakeholders,

Thanks to the incredible support from our community of donors, volunteers, sponsors, and families, over 700 girls in Snohomish County experienced the Girls on the Run and Heart & Sole programs in our 2019 season. In four short years, over 1,600 girls in our community have learned important life lessons, including what healthy friendships look like, how to communicate complicated emotions, how to stand up for themselves and others, and how making healthy choices in all aspects of their lives improves their confidence.

In 2019, 170 volunteer coaches gave a total of 6,000 hours to inspire, empower, and coach the girls on their teams. Coaches are the life-blood of our program. They are the key to the program's success. In this report our coaches explain in their own words why GOTRSnoCo motivates them to share their time and energy. We are full of gratitude for the care and compassion coaches bring to our girls.

We ended our 2018-2019 fiscal year with a strong budget reserve and feel poised to take on more growth in the coming years. Thanks to our generous community, more girls will gain confidence, learn critical life skills, and add finishing a 5K to their list of accomplishments!

— **Megan Wolfe, Executive Director**



“I think this age group is a pivotal moment in inspiring them to be confident, advocate for themselves, and gain life-long skills that will impact their future.”

—**Coach Langlie**

Individual Donors, July 1, 2018 - June 30, 2019

\$7,500–\$10,000

Lindsay & Bob Rutherford

\$5,000–\$7,499

Brooke Davis

\$1,000–\$5,000

Catherine Eakin

Tom & Cynthia Taggart

Michael & Cindy Wolfe

Christy & Brian Brookhart

Elizabeth & Osama Khalaf

Kristin & Greg Gilda

\$500–\$999

Kari Annand

Melissa Calkins

Sylvia Drennan

Barbara Glick

Cheryl Holcomb-Roberts

& Ron Roberts

Tracy Kim

Heather Morgan

Rose Osara

Mark Sloane

Erin Sutcliffe

\$250–\$499

Chelsea & Ben Berman

Beth Berman

Leah & Darryl Bernstein

Julie Boyer

Jennifer Brewer

Heidi Cardin

Lynn Carpenter

Sara Couch

Patrick D'Abbracci

Natalie Ebright

Tim & Brandy Hekker

Smeeta Hirani

Melissa Huddleston

Nilesh Kamdar

Amy McCarthy

Elizabeth Mckinney

Sarah & Brian Muchinsky

Eric Olson

Erika Olson

Kathleen Quirk

& Doug Vavrick

Shanon Tysland

Michelle Waite

Jennifer Womack

\$100–\$249

Melanie Banfield

Jeff & Kristie Bell

Heather Blakely

Mark Burns

Elizabeth Burns

Theresa Burns

Brian Caferro

Beth Calkins

Charles Campbell

Lori Carpenter

Erin Chevrier

Glenna Clouse

Leah Collins

Kaye Colon

Heather Conradt

Victoria Courtney

Theresa Crowell

Renee Cruikshank

Heather Damron

Alexander Donaldson

Tristine Drennan

Tina Drennan

Julie & Tom Drennan

Jane Duea

Nu'om Fariz

Heather Ferrel

Crystal Franck

Kelly Geraty

Michael Glick

Natasya Gray

Lisa Griffin

Nicole Hasheminejad

Kim Hayes

Jamie Hayes

Vincent Healy

Montse Healy

Jen Hockenhull

Teresa Hoes

Melinda Horiuchi

Janice Johnson

Amber Kegley

Shannon Koller

Laura LaCasse

Vicki Laman

Amy Lancaster

Sarah Larson

Katie Lundstrom

Amy & Eric Macdonald

Heather Macias

Carrie Mackerer

Phyllis Markin

Sharon Matthews

DeeAnna Maughan

Robert Maxwell

Mark McCarthy

Laura Mercado-Ayala

Jennifer & Tom More

Andrea Gomes Morrison

Scott Morrison

Lilac Muller

Christina Mychajliw

Ruth Neary

Karla Nelson

David Newman

Melissa Olson

Nicole Otness

Teresa Pape

David Patrick

Mackenzie Perkins

Mary Pierce

Daniel Powell

Karin Quirk

Leah Rader

Ed Rhone

Kristin Richardson

Kerry Richter

Meghan Rinaker

Paula Rivily

Lib Rust

Katie Schantz

Ruthie Smith

Darren Sorrell

Briar Stanley

Denni Stobin

Lisa Studeman

Benjamin Sun

Sophie & Joel Taylor

Alix Thorson

Julie Titone

Heidi Underwood

Anne Ward-Ryan

Marjorie Webb

Jen Winckler

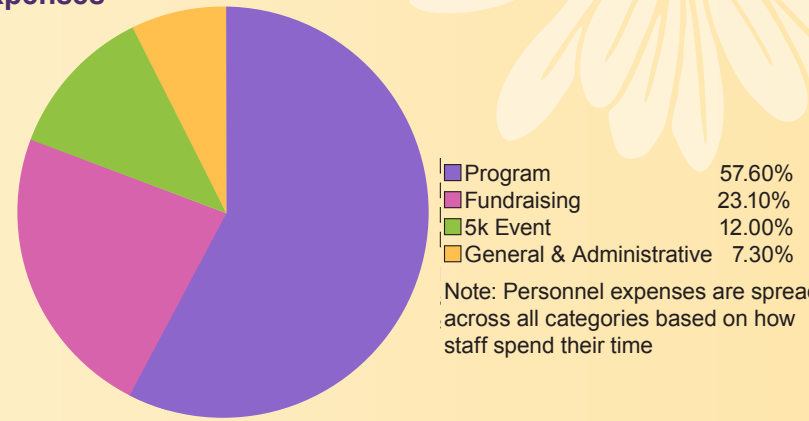
Matt Wyatt

“There are so many negative voices in the world today that can weigh girls down. I want to help build them up.”
 — Coach Tessa

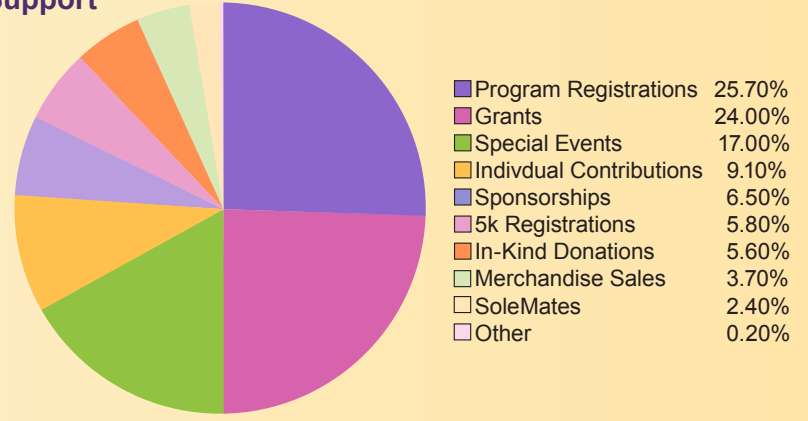


2019 Financial Picture

Expenses



Revenue & Support



Statement of Operations

July 1, 2018 – June 30, 2019

Revenue & Support

Sponsorships	\$20,150.00
In-Kind Donations	\$17,419.00
Individual Contributions	\$28,067.00
SoleMates	\$7,553.73
Grants	\$74,428.00
Special Events	\$52,663.81
Program Registrations	\$79,647.46
5k Registrations	\$17,985.16
Merchandise Sales	\$11,331.75
Other	\$803.26

Expenses

Program	\$163,496.53
Fundraising	\$65,496.53
5k Event	\$34,110.68
General & Administrative	\$20,686.30



“After listening to one of my students talk about the great experience she had in elementary school with the program, I decided to get the Heart & Sole program going at our middle school.”
 — Coach Sami



Our Spring 2019 Season By the Numbers

51	Teams
42	Sites
62	Returning Coaches
107	New coaches
10	Team Volunteers
5,880	Coach hours
708	Girls participated
255	Pairs of FREE shoes
\$401	Cost per girl to participate
366	Girls who received financial assistance
\$54,078	Total financial assistance provided
1,600	Number of girls reached since 2015

“Girls are interesting, curious and enthusiastic! I love seeing them accomplish big and small goals. I enjoy hearing their perspectives on friendship and relationships.”

— Coach Christine

Thanks to our community for outstanding support

2018-2019 Sponsors

American Girl	Haggen Northwest	Seattle Storm Basketball
Arena Sports Mill Creek	Fresh	Snohomish Running Company
Brooks	Home Run Solutions	The Everett Clinic
Clif Bar	Marysville Kids Dentistry	The Health & Wellness Clinic
Everett Aquasox	Mountain Pacific Bank	
Experience Momentum	Perteet	
Funko	Premiera	

SoleMates

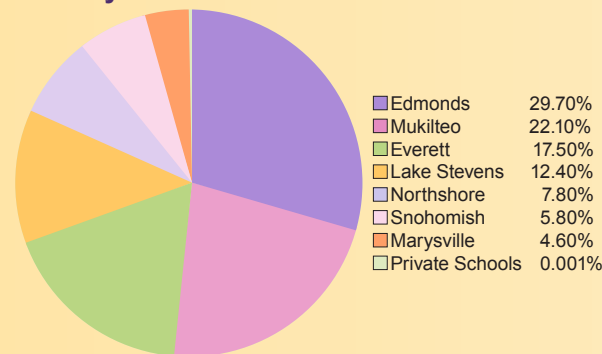
Taira Rink	Melissa Calkins	Daniel Shreve
Sarah Muchinsky	Shannon Koller	Traci Sanderson
Megan Wolfe	Ryan Hui	
Mackenzie Perkins	Kathleen Quirk	
Glen Hance		



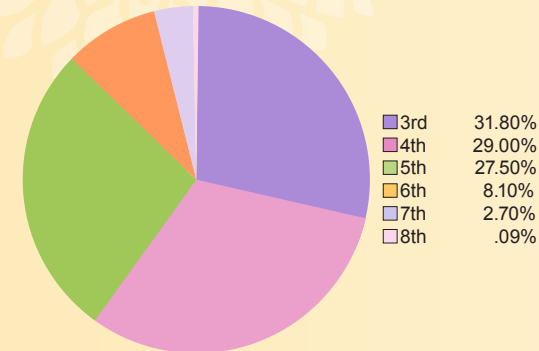
Serving girls ages 8-14 in Snohomish County

Our Girls on the Run program is designed to serve girls in 3rd-5/6th grades. Our Heart & Sole program is designed to meet the specific needs of middle school girls in 6th-8th grades. Running plays a key role in each curriculum and all the girls come together for the celebration 5k at the end of the season.

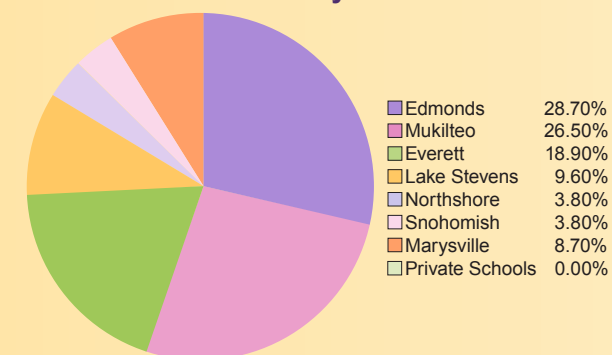
Girls by School District



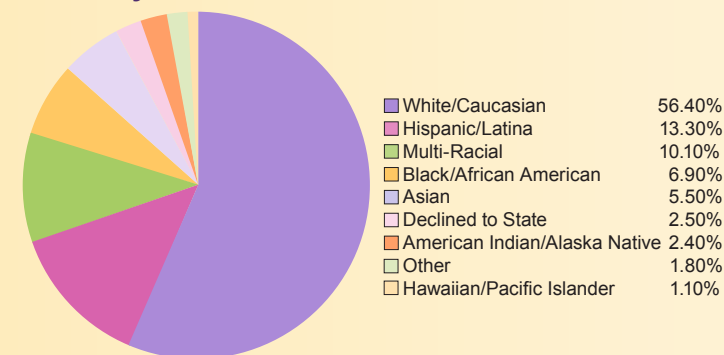
Grade Level



Financial Assistance by School District



Ethnicity



“I enjoyed watching the girls develop over the course of the season! The difference between the first practice and the last was remarkable.”

— Coach Lena