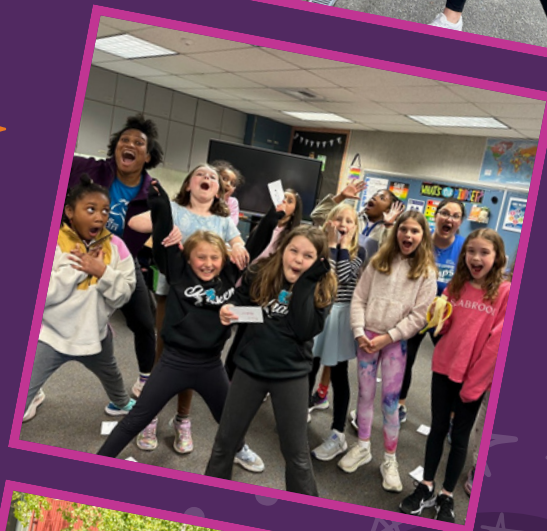


Girls on the Run of Snohomish County

# 2024 Gratitude Report



# Uplifting and Inspiring Girls

## OUR MISSION

We inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

## OUR VISION

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



As the challenges facing today's girls have increased, **Girls on the Run of Snohomish County** is meeting the moment by meeting their needs.



DEAR FRIENDS,



At Girls on the Run of Snohomish County, we remain deeply committed to our mission to build confidence, fuel a love for physical activity, and nurture emotional health in girls and gender-expansive youth. And in today's challenging times, programs like Girls on the Run are proving to be more essential than ever. In February 2023, the Centers for Disease Control and Prevention reported that three in five U.S. teen girls felt persistently sad or hopeless in 2021, the highest level reported in at least a decade. We believe that Girls on the Run is a powerful antidote to prevent these mental health concerns—and we're not alone.

In May 2023, U.S. Surgeon General Dr. Vivek Murthy released a report about the vital connection between physical activity and mental health. In it, Dr. Murthy singled out Girls on the Run as a successful program for girls to learn life skills through engaging activities and lessons. It is gratifying to know that the nation's top health official sees what we do: **Our program is a valuable resource supporting girls when they need it most!**

Since 2015, we have worked to provide quality, sustainable and impactful programming to meet the needs of girls at this pivotal moment in their development. We invested time and resources in a strategic plan to enhance access to our programming and ensure everyone feels a sense of belonging at Girls on the Run. Plus, we have been preparing our sites and coaches for the much-anticipated rollout of a redesigned National Coach Training model and a refreshed curriculum intentionally developed to inspire girls to be joyful, healthy, and confident.

As we head into our 10th year, we are as energized as ever. We are ready. We are set. Let's go!

ONWARD,

*Megan Wolfe*

Megan Wolfe | Executive Director





# 2024 a year of growth & impact



838

**UNSTOPPABLE  
KIDS**

741 Spring Season participants  
97 Camp GOTR participants



56

**WELCOMING  
TEAMS**

40 Sites - 7 School Districts  
and 1 Private School



225

**DEDICATED COACHES  
AND VOLUNTEERS**



**\$66,000**

**FINANCIAL AID**

Provided to 50%  
of participants



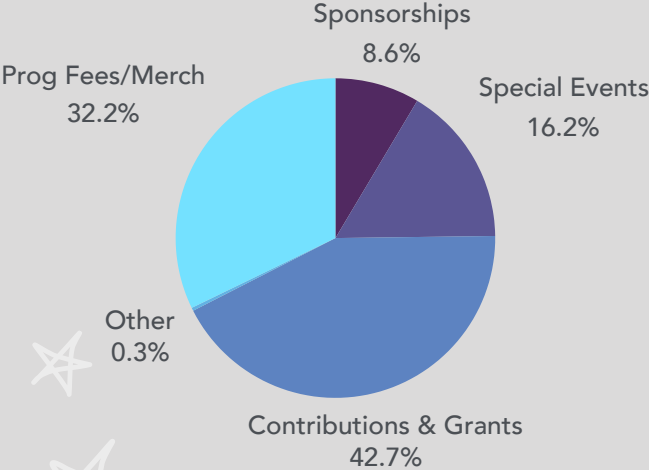
354

**PAIRS OF SHOES  
PROVIDED**



At Girls on the Run of Snohomish County, we strive to create a program and work environment that is inclusive and safe for all. How are our decisions moving us towards being an anti-racist and multicultural organization? We use this question to guide us in our work. We commit to doing our part to dismantle white supremacy within ourselves, our organization, and our community.

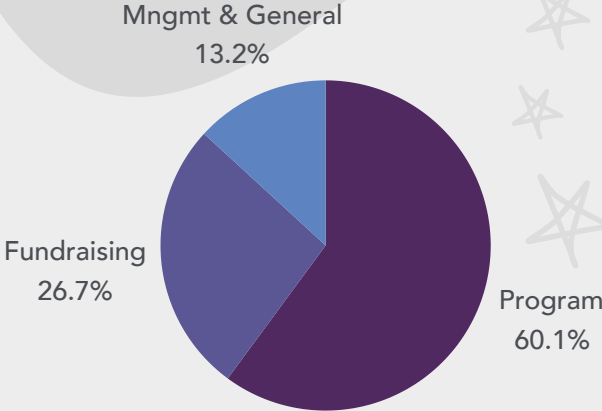
# Financials



## Revenue

Support, revenue and other income (loss):	Total
Contributions and Grants	\$184,595
Sponsorships	\$37,000
Program/5K Registration Fees and Merchandise Sales	\$139,211
Special Events	\$70,188
Other	\$1,374
Total:	\$432,368

## Expenses



Expenses	Total
Program	\$260,518
Management and General	\$57,122
Fundraising	\$115,868
Total:	\$433,507





# 2024 NATIONAL RECOGNITION

## Remarkable Volunteers

Long-time Girls on the Run of Snohomish County volunteers, Kathleen Quirk and Karyn Roseburg have each been recognized by Girls on the Run International with their Remarkable Volunteer Award, a national volunteer recognition program that acknowledges the inspirational impact volunteers have on their community. Quirk and Roseburg were amongst the small group of individuals selected from Girls on the Run councils across the country.

Kathleen Quirk was honored with this year's Remarkable Council Supporter award. Karyn Roseburg received the 2024 Remarkable Coach award. To read more about their inspiring volunteer engagement, [visit our website](#).



Kathleen and Karyn exemplify the Girls on the Run spirit. They both go above and beyond to inspire girls in our community and to lift up other coaches, board members, and community members. They have had an incredible impact on our organization and we are lucky to benefit from their passion, energy, and time. They are truly *remarkable volunteers!*



Kathleen



Karyn

# BOARD OF DIRECTORS

**Tracy Nguyen**

Board Chair

**Gracelynn Shibayama**

Board Vice Chair

**Heidi Cardin**

Board Treasurer

**Sarah Maxwell**

Board Secretary

**Kathleen Quirk**

Board Member

**River Enselman**

Board Member

**Heather Paddock**

Board Member

**Kimberly Brooks**

Board Member

**Traci Sanderson**

Board Member

## STAFF

**Megan Wolfe**

Executive Director

**Leah Bernstein**

Program Director

**Audrey Johnson**

Communications Director

# Thank You, Partners!



National Partners, corporations, foundations, and individual donors fueled our mission of empowerment in 2024.

Their investments made it possible for our girls to activate their limitless potential this past year. Thanks to their contributions, more girls throughout Snohomish County can confidently enter their next chapters and overcome any challenge that comes their way.





follow us @GirlsontheRunSnoCo

6505 218th Street SW, #14  
Mountlake Terrace, WA 98043  
Info@GirlsontheRunSnoCo.org | 206-437-5607

[www.GirlsontheRunSnoCo.org](http://www.GirlsontheRunSnoCo.org)

## Thank You, Partners!

