


# A PLACE WHERE = you belong =

## GIRLS ON THE RUN OF SNOHOMISH COUNTY 2022 GRATITUDE REPORT



# 97% OF GIRLS

## FELT LIKE THEY BELONGED AT GIRLS ON THE RUN.



"Girls on the Run could make any girl fearless...when you are surrounded by people you trust, respect and care for, nothing can hold you back from being the most beautiful version of yourself."

*-Molly, age 12*

# WE ALL BELONG AT THE FINISH LINE

Dear Friends,



Everyone deserves to experience the joy that comes from finding a community, developing friendships and confidently believing in oneself. Girls on the Run creates a safe and inclusive environment where participants can discover their limitless potential and take it far beyond the finish line. Why do we do this? Because we know that within every girl is a brave and worthy soul capable of achieving her dreams. With 544 participants served in 2022 and over 2,666 since our founding in 2015, we take pride in knowing that we are igniting moments where confident, compassionate kids discover their spark and inspire others to find theirs.

Creating an environment where every kid has a spot on the team is nothing new to Girls on the Run of Snohomish County. Values like belonging, self-respect and standing up for others are reinforced throughout our organization as participants, volunteers and staff are given opportunities to bring them to life. Empathy generates empathy and it is our privilege to help set this trend in motion. Creating room for someone to join the group. Giving a pat on the back to a teammate who has been struggling. Having the inner worth to listen to another girl's experience and ask her questions about it. These are the actions that make our programs truly life-changing experiences. Participants do not forget these moments. In fact, these memories are often profound enough to impact the way kids will treat others for the rest of their lives.

Thank you for supporting our goal of connecting girls to experiences that positively impact them long after they cross the finish line. Because of you, the spirit of belonging has never been stronger at Girls on the Run of Snohomish County.

With gratitude,

*Megan Wolfe*  
EXECUTIVE DIRECTOR





# PROUDLY

= *uplifting & inspiring girls* =

“

Girls on the Run has been an amazing experience for my daughter. The coaches and staff care about the girls and about what the program teaches them - to be involved within society, to love themselves, and to feel empowered to be the girl that they are."

- GOTR Parent

”



"Heart & Sole provides a safe place for participants to recognize and discuss **feelings** and **relationships** and learn how to successfully face life challenges."

-Coach Kathleen

97% of participants agreed that they could be themselves at Girls on the Run and felt **included** in all GOTR activities they wished to participate in.

"The layering of lessons and **skill development** really helps participants feel more secure in who they are and explore who they want to be."

-Coach Katie



2022



# IMPACT POINTS



34

Teams  
(Spring Season)

544

Girls served in 2022

3

Camp GOTR  
Summer Sessions

6

School Districts  
3 Community Sites

220

Scholarships  
& Running Shoes  
Provided



112

Volunteer  
Coaches

55%

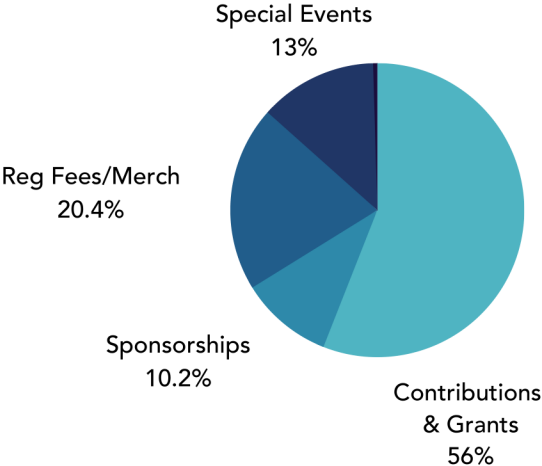
of Participants  
Received  
Financial Aid

# FINANCIALS



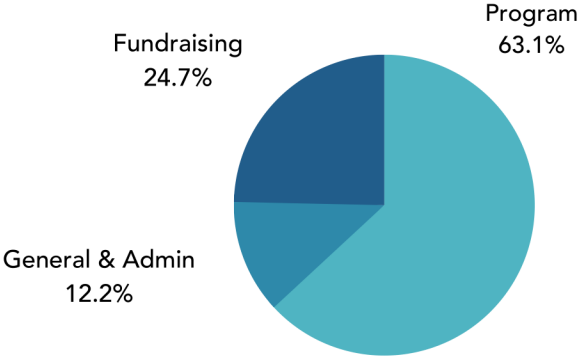
## Income

Support, revenue and other income (loss):	Total
Contributions and Grants	\$191,171
Sponsorships	\$34,840
Registration Fees and Merchandise Sales	\$69,724
Special Events	\$44,256
Other	\$1,552
Total:	\$341,543



## Expenses

Expenses	Total
Program	\$215,173
General and Administrative	\$41,703
Fundraising	\$84,079
Total:	\$340,955



# 2022 NATIONAL RECOGNITION



## **PACESETTER AWARD: A CONTINUED COMMITMENT TO IDEA**

Girls on the Run International, the parent organization of 170 individual councils located in all 50 states and Canada, awarded Girls on the Run of Snohomish County a **Pacesetter Award** for its work in inclusion, diversity, equity and access to support girls of color. The Pacesetter Awards highlight the enterprising and innovative initiatives councils have developed to help serve their communities and power the mission and vision of Girls on the Run.

April Massett, vice president of council development at Girls on the Run International, said, "The team at Girls on the Run Snohomish County exemplifies our values in every way. They are setting an example for our entire organization, and we are grateful for their commitment to help all girls activate their limitless potential. What a way to shine!"

*Pictured above: Elizabeth Kunz, Chief Executive Officer, Girls on the Run International; GOTRSnoCo staff members Megan Wolfe, Audrey Johnson, Leah Bernstein and GOTRSnoCo Board Chair Kathleen Quirk.*

## **REMARKABLE VOLUNTEER AWARD**



Long-time Girls on the Run of Snohomish County volunteer coaches at Quil Ceda Tulalip Elementary School were honored by Girls on the Run International with a **Remarkable Volunteer Award**, a national volunteer recognition program that acknowledges the inspirational impact volunteers have on their community. Heather Ferrel, Maureen Mejia, Langlie Morgan, Nikki Porter and Manetta Pfrimmer were amongst the small group of individuals selected from Girls on the Run councils across the country. The volunteers were presented with the award at a recent school assembly which included an honor song performed by students. (Two of the original team coaches, Manetta Pfrimmer and Kyla Raser, have since moved to other schools and started Girls on the Run teams at those sites.)

*Pictured below: GOTR Volunteers Nikki Porter, Maureen Mejia, Heather Ferrel and Langlie Morgan were presented with the Remarkable Volunteer Award by Girls on the Run of Snohomish County Executive Director Megan Wolfe.*





# HOW TO *get involved*



*SoleMates*



*Coach*



*Event Volunteer*

**We can do what we do thanks to overwhelming community support. There are so many way you or your company can get involved!**

- Visit our website to learn more about our programs, our impact and our events
- Become a program sponsor or 5K sponsor
- Volunteer as a coach
- Join one of our planning committees
- Volunteer at one of our events
- Attend one of our fundraising events
- Join us for our Celebration 5K event on June 4, 2023 at the Port of Everett
- Join SoleMates, our charity running group, and raise money for GOTRSnoCo while training for an event
- Follow us on Facebook and Instagram @GirlsontheRunSnoCo and like, comment or share our posts
- Donate \$200 to provide a full scholarship
- Donate \$35 to provide a pair of shoes
- Tell all your friends about GOTRSnoCo!

For more information visit our website at [GirlsontheRunSnoCo.org](https://GirlsontheRunSnoCo.org) or email [Info@GirlsontheRunSnoCo.org](mailto:Info@GirlsontheRunSnoCo.org) with any questions.



# BOARD OF DIRECTORS

**KATHLEEN QUIRK**

Board Chair

**JOELLE TORRE**

Board Vice Chair

**SARAH MAXWELL**

Board Secretary

**ELIZABETH KHALAF**

Board Treasurer

**KATIE DEMARAY**

Board Member

**TRACI SANDERSON**

Board Member

**TRACY NGUYEN**

Board Member

**DR. ANU VIJAY**

Board Member

**CHRISTA LUM**

Board Member

**HEATHER PADDOCK**

Board Member

**DR. HELENE WRIGHT**

Board Member

**CHELSEA ATHING**

Board Member

## GOTRSNOCO STAFF

**MEGAN WOLFE**

Executive Director

**LEAH BERNSTEIN**

Program Director

**AUDREY JOHNSON**

Communications Director  
Program Manager

---

*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.*





follow us @GirlsontheRunSnoCo

---

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

**GirlsontheRunSnoCo.org**

**THANK YOU TO OUR SPONSORS**

