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DEAR FRIENDS & SUPPORTERS,

A year ago we asked the GOTR NOVA community to share the first word that came to mind when they heard "Girls on the Run." While all of the responses accurately described our programming, one word was submitted far more than the others. That word was **EMPOWER**, and we couldn't agree more!

From our compassionate volunteers to our supportive sponsors and donors, you empowered all 3,630 of our participants to build their confidence and recognize their ultimate potential this year.

Thank you for empowering us, and in turn, empowering our participants. With your continued support, we are building the next generation of fearless leaders.

Sincerely,

GIRLS ON THE RUN OF NORTHERN VIRGINIA TEAM

Caroline Woods

Andrea M.

Catherine Keller

Jasmine Taylor

Ashley Carr

Sunny Carr

Mega M. Fay



GOTR NOVA TEAM

Financials



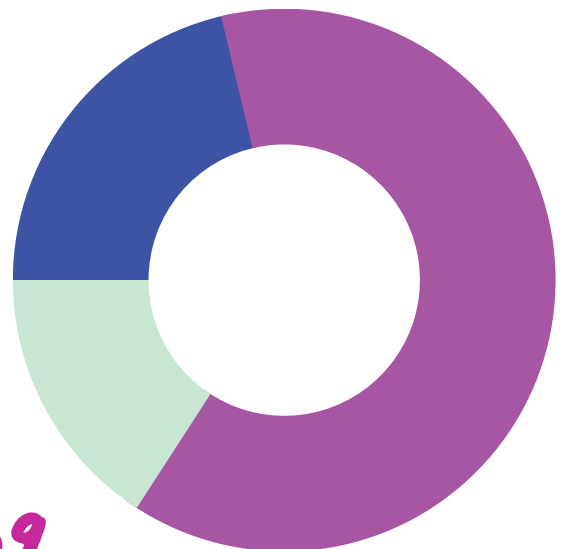
EARNED & CONTRIBUTED INCOME

Program Registration.....	\$520,225
5K Registration.....	\$117,359
Sponsorships.....	\$107,763
Grants.....	\$79,255
Donations.....	\$132,136
In-Kind.....	\$30,510
Special Events.....	\$20,804
Merchandise Sales.....	\$4,726

TOTAL: \$1,012,778

OPERATING EXPENSES

Infrastructure.....	\$214,160
Program.....	\$633,493
Fundraising.....	\$159,736

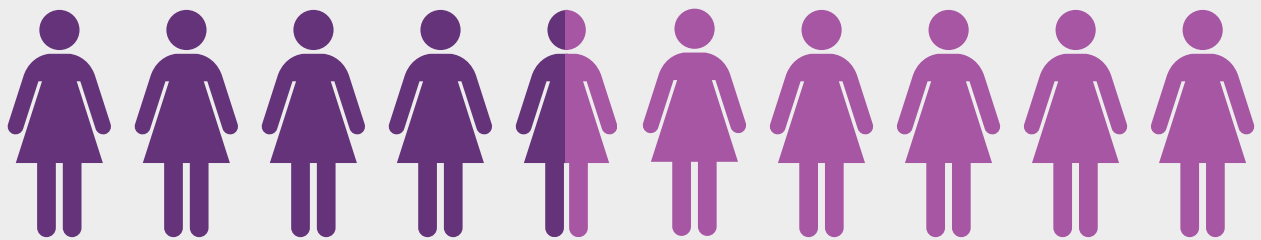


TOTAL: \$1,007,389

3630
PARTICIPANTS

\$188,542
Scholarship
Funds Granted

44% of program participants
received a program scholarship.





EMPOWER



INSPIRE



SUPPORT

96%

OF COACHES FELT THAT
COACHING GIRLS ON THE
RUN WAS A VALUABLE
EXPERIENCE. ✨ ✨



877
COACHES

OUR
coaches
ARE THE heart & sole
OF
Girls on the Run



“ BEING A COACH IS A *positive* WAY TO BUILD
RELATIONSHIPS, DEVELOP PHYSICAL AND MENTAL
STRENGTH, AND *inspire* YOUTH. ”
-GOTR NOVA COACH



INCLUSION PARTNERS

Leading the way towards inclusion, GOTR NOVA partnered with Didlake and three local Special Education Parent Teacher Associations (SEPTA) to support children with disabilities better.

Didlake led a training to teach coaches techniques and skills to use when working with children with disabilities.

These partners continue to provide support on an individual basis to ensure all kids throughout Northern Virginia are able to fully participate in Girls on the Run!

LUNAFEST 2023 was a sold out celebration in honor of International Women's Day.

200+ community members celebrated the final LUNAFEST film festival on March 8, 2023.



LUNAFEST 2023

13,580
SNACK SERVINGS DISTRIBUTED

679
PARTICIPANTS IMPACTED

7
PHILANTHROPIC PARTNER ORGANIZATIONS

4
FOOD BANK PARTNERS



SNACK PROGRAM

Feedback from coaches in seasons post-pandemic revealed an increasing need for participants to access the fuel necessary to fully participate in GOTR's programming, especially in the critical hours after school where a snack may not be guaranteed, whether at home or in an afterschool setting.

In FY23, GOTR NOVA successfully piloted a no-cost snack program that impacted teams across the entire geographic region.

“WE HAD GIRLS OFTEN COME TO PRACTICE SAYING THEY WERE HUNGRY. HAVING A SNACK PROVIDED THEM THE EXTRA FUEL THEY NEEDED TO BE SUCCESSFUL IN THE PROGRAM.”

- Coach Erin

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