

Girls on the Run Northwest Illinois 2026 Annual Report





As girls' needs grow,
Girls on the Run
Northwest Illinois helps
them build **confidence**,
form **meaningful**
relationships, and
discover the **joy of**
movement.



DEAR FRIENDS,



At Girls on the Run Northwest Illinois, our purpose is clear: help girls build confidence, strengthen connections, and practice life skills every day. Thanks to your support, girls are part of a joyful and inclusive space where they can move, reflect, and grow.

This year, our coaches brought research-based lessons to life through engaging activities that get girls moving and thinking. We also expanded our program suite with Hello, Mountain Mover! It is a curriculum that helps girls develop the confidence to do hard things and overcome obstacles.

Since 2007, Girls on the Run Northwest Illinois has served 19,842 girls! In 2026, we reached 1605 in 100 Teams led by 266 Volunteer Coaches.

As a council, we

- Successfully hosted three community 5Ks, connecting more volunteers than ever across our counties.
- Revitalized our staff and refreshed the way we work, bringing renewed energy and fresh perspectives to all we do.
- Welcomed new Board members and strengthened onboarding and engagement to build a more connected, informed, and active Board.
- * • Launched Be Well, a new community wellness event featuring speakers focused on the mind-body connection central to our programming.

None of this happens without you. To our coaches, caregivers, donors, partners, community members, and volunteers: thank you for showing up for girls. Your belief in their potential fuels our work and strengthens our community.

WARMLY,

Lisa Kaptur Puma

Lisa Kaptur Puma

Executive Director

Girls on the Run of Northwest Illinois

Lpuma@gotrnl.org



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

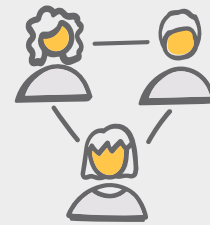
We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



Our Core Values



Recognize our power and responsibility to be **intentional in our decision-making**



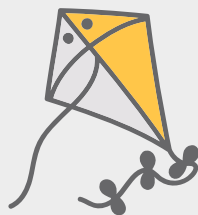
Embrace our differences and find strength in our **connectedness**



Lead with an open heart and **assume positive intent**



Express joy, optimism, and gratitude through **our words, thoughts, and actions**



Nurture our **physical, emotional, and spiritual health**



Stand up for **ourselves and others**



Through Girls on the Run, my daughter has gained a stronger understanding of what it means to be a leader, not just in title, but in how you treat others, stand up for what's right, and use your voice. Watching her grow and embrace these values has been one of the most rewarding parts of her Girls on the Run experience.

—Jennifer
GOTR parent

As a young girl, Girls on the Run taught me kindness, goal setting, and self-belief. Through the support of my coaches, teachers, and peers, I realized that there are people beyond your family who genuinely want to see you grow. The impact has stayed with me.

—Olivia
GOTR coach & alum



**We are ready.
We are set.
Let's go.**

As we look toward 2027, we are excited to continue our mission to build confidence, inspire joy in movement, and nurture emotional health in girls.



1650

Unstoppable Girls



105

Welcoming Teams



270

**Dedicated Coaches
and Volunteers**



\$150,000

**Financial Assistance
for Families**





Thank You to Our Supporters!



Our partners, corporations, foundations, and donors propel our mission forward.

In 2026, their investments made it possible for over 1,605 girls to activate their limitless potential in Northwest Illinois. With our Family of Sponsors by our side, more girls are confidently and boldly pursuing their dreams.



Local Sponsors

Sincere
thank you
to our
sponsors:

Foglia Family
FOUNDATION

RSM

The
Community
Foundation
for McHenry County

COMMUNITY FOUNDATION
OF NORTHERN ILLINOIS

The UPS Store

WOODWARD
CHARITABLE
TRUST

stryker

Smith Physical Therapy +
Running Academy

DRIP
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& WEIGHT LOSS CLINIC

LIFE TIME
FOUNDATION

Lovato
electric

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Medicine

SLG

STRUCK
Law Group, LLC

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ADELANTE
EDUCATIONAL SPECIALISTS

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ORNEY MULE
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FLEET FEET

USTA
MIDWEST
NORTHERN ILLINOIS

Aptar

BOONE COUNTY
COMMUNITY
FOUNDATION
FOR BOONE COUNTY, NOW & FOREVER.

DEKALB COUNTY
COMMUNITY
FOUNDATION

Grumpy Runner
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We're on your side

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CRYSTAL LAKE
BREWING

The
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DUNKIN'
Crystal Lake Runs on YOU!

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HomeServices
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ROCKFORD
BARBELL
WITH PURPOSE

BGL
Botto Gilbert Lancaster
ATTORNEYS AT LAW

National Partners



Gamma Phi Beta
TRUE AND CONSTANT



Corporate Partners







GOTR taught me how powerful the word "yet" is...like I haven't climbed a mountain YET! It also taught me to use my voice and never to be afraid to speak up. GOTR helped me find that voice, and it's something I carry with me every single day.

— Abby
GOTR participant

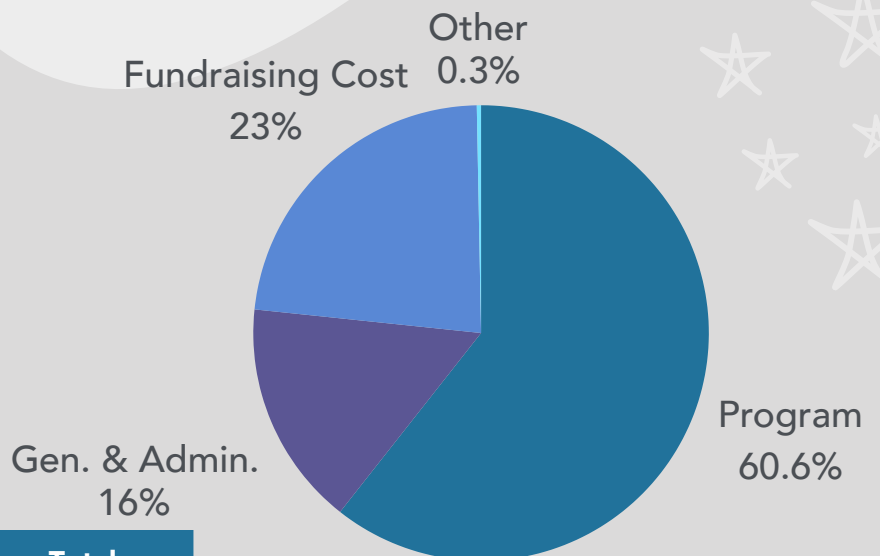
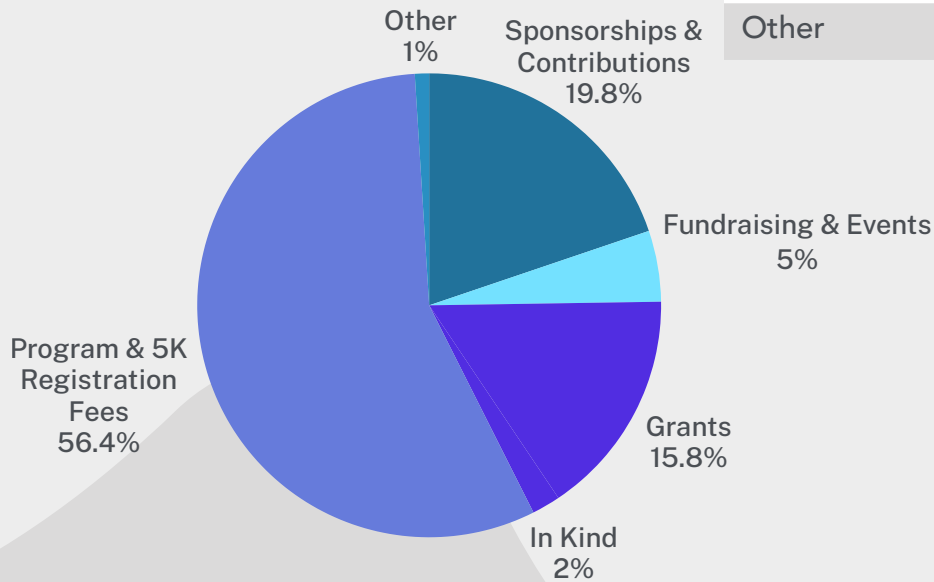
As a teacher, my passion has always been to help kids grow as people. Coaching Girls on the Run gives me the chance to do that outside the classroom and alongside my own daughters. I return every season because the program fills me with joy, and I love watching girls discover their own confidence.

— Melissa
GOTR parent & coach



Financials FY 25-26

Support, Revenue and Other Income (loss):	Total
Sponsorships and Contributions	\$83,722
Grants	\$66,146
In Kind	\$8,000
Program and Registration Fees	\$232,304
Fundraising and Events	\$19,260
Other	\$1,174



Expenses	Total
Program	\$232,666
General and Administrative	\$58,947
Fundraising Costs	\$85,649
Other	\$1,464

Board of Directors



So grateful.



JACQUI MOORE
Board President;
Stryker



ERIN KRAFT
Vice President;
Colorado Technical University



SARA BAKER
Secretary;
Elgin Community College



CHARLOTTE HEEREN
Treasurer;
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CANDICE RUDD-WILSON
Board Member;
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MEGAN SLOAN
Board Member;
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WYATT SKAAR
Board Member;
RSM US



PANYA YARBER-KING
Board Member;
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Board Member;
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Ruthann Bates
Board Member;
Ivy Hall

Staff







**111 Erick Street
Suite 115
Crystal Lake, IL 60014**

815.893.0259

[WWW.GOTRNLWIL.ORG]