

# IMPACT REPORT 2020

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# LETTER FROM THE DIRECTOR

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Like many other organizations and businesses, we faced challenges and hardships in 2020. In the process we leaned into the core values of Girls on the Run and found ways to adapt programming safely, empower girls with critical life skills, and strengthen the organization for the future.

When meeting in-person was not feasible for teams last spring, we provided **connection** with two adapted program options: GOTR at Home and GOTR Connect lessons and then transitioned to a virtual 5K experience. In the fall, program modifications made it possible to host a **safe** and successful season and site-based 5K celebrations.

The tumultuous year also provided opportunities to exercise and teach the value of **standing up for ourselves and others**. We stand firm in our long-standing commitment to building a world where all people can know and activate their limitless potential.

Now more than ever, girls need Girls on the Run. We are grateful for the dedicated volunteers, supportive program sites, generous community partners and individual donors who made the program possible in 2020. Because of you, girls gained critical life skills, strengthened their social-emotional health, and grew in confidence. On behalf of our board and staff, thank you for supporting the mission and transformational work of Girls on the Run South Louisiana.



**carley fuller**

EXECUTIVE DIRECTOR

**STAFF:** MICHELE DUNBAR | PROGRAM DIRECTOR

CATE WILLIS | PROGRAM COORDINATOR

**BOARD OF DIRECTORS:**

K-LYNN MCKEY | BOARD CHAIR

LAYNA RUSH | SECRETARY

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KRISTEN GORE | MEMBER

CHRIS KING | MEMBER

KATHY MCDOWELL | MEMBER

LANGLEY MCLAY | MEMBER

EMILY STEVENS | MEMBER

MERI THIBEAUX | MEMBER

# BY THE NUMBERS: 2020

## PROGRAM SCHOLARSHIP DOLLARS

PROVIDED: **\$36,450**

GIRLS RECEIVING SCHOLARSHIPS: **45%**

PERCENTAGE OF SCHOLARSHIP RECIPIENTS  
REQUESTING THE HIGHEST NEED: **81%**

**245** girls received full or partial program scholarships. Girls on the Run remains committed to never turn a girl away for inability to pay the registration fee.

**134** volunteers facilitated the life-skills curriculum and mentored girls.

**46** program sites provided the opportunity for girls to participate in their community.





# REMARKABLE VOLUNTEER AWARDS

GIRLS ON THE RUN INTERNATIONAL PRESENTS THE REMARKABLE VOLUNTEER AWARDS ANNUALLY TO SHINE A LIGHT ON THE INSPIRATIONAL IMPACT VOLUNTEERS HAVE ON GIRLS ON THE RUN. WE ARE THRILLED TO RECOGNIZE TWO GIRLS ON THE RUN SOLA VOLUNTEERS CHOSEN FOR THE AWARD IN 2020.



## kathy mcdowell

### REMARKABLE VOLUNTEER

Kathy McDowell has been an active GOTR volunteer since 2015 when the council expanded to include St. Tammany, where she is the principal of Bayou Woods Elementary School. Beginning as a site liaison for her school's GOTR team, she has ensured the team's successful continuation for the last five spring seasons. Kathy is an enthusiastic member of the council's Board of Directors, and she has been invaluable in increasing program sites, ensuring access to all girls regardless of financial barriers, and building community involvement in the region.

## katarina adkisson

### REMARKABLE VOLUNTEER

Katarina Adkisson served as the GOTR Committee Chair at Junior League of Lafayette through Fall 2019. She led the group's work to organize, fund, and coach GOTR teams at two Boys and Girls Clubs in Lafayette. For three seasons, Katarina was the site liaison and head coach for these teams. In addition to recruiting and supporting the assistant coaches for the teams, Katarina also helped to ensure the girls had running buddies and bus transportation to their 5K celebration.



# GIRLS ON THE RUN 5K YOUR WAY

## your place. your pace.

VIRTUAL & SITE-BASED EXPERIENCES.

Girls on the Run adapted to social-distancing guidelines in 2020 and hosted the 5K Your Way in spring and fall. The virtual opportunity allowed program participants or community members to participate from any location.

The celebration focused on creative physical activity outlets and mental and emotional health resources. The fall event was free to the public to ensure access to resources during the challenging year.



## community participation

MORE THAN 250 COMMUNITY PARTICIPANTS, 7 SPIRIT TEAMS, AND 6 WELLNESS WEEK GUESTS JOINED US IN CREATING A SPECIAL CELEBRATION FOR GIRLS IN 2020.





# PARTNER SPOTLIGHT

**Boys and Girls Club  
of Acadiana +**



Our organization depends on the generosity of community partners, individual donors, and volunteers to ensure girls' access to the transformational programming provided by Girls on the Run.

Studies found that cyberbullying increased by 70% since the start of the pandemic and social-isolation was causing girls to feel more lonely or depressed. At a time when girls needed the program most, Meritus Credit Union committed \$2,500 in fall 2020 to provide program scholarships to girls at the Boys and Girls Club of Acadiana – Jackie Unit. With their support and the dedication of a team of volunteers, middle school girls received a semester of intentional life skills lessons paired with activity. Here's what Jackie Unit Director, Elise had to say about the program's impact on the girls:



*I have seen a huge change in our teen girls since we started the Girls on the Run (Heart&Sole) program this fall! Before GOTR, our teen girls would prefer to hang out in the teen room and watch TV, play on their phones or go on the computers. The GOTR program provided an opportunity for our teen girls to get up and get moving! I love when I walk outside of The Club on Tuesday afternoons and I see the girls being active and running. Thank you GOTR for encouraging our girls to stay active! -Elise, Boys and Girls Club of Acadiana - Jackie Unit Director*

This is just one example of the tremendous impact our partners have in the lives of girls in the community.

Thank you 2020 community partners!

# THANK YOU 2020 PARTNERS!



## Louisiana



THANK YOU TO OUR NATIONAL PARTNERS!

