

GOTR Girl Impact 2021



"I LEARNED TO LOVE MYSELF, EVEN IF IT'S HARD"

Cave Elementary School Student, Fall 2021



**Star Power Activated
Mental & Physical Health Fostered
Resilience Built**

Resilience Built

In 2021, despite another challenging year of the pandemic, resilience was built. Thanks to our brave and committed volunteer life coaches, **582 girls** participated in the Girls on the Run program during a very difficult time. The number of participants is sixty-percent (60%) of pre-pandemic girls. **Social, emotional, and physical health** was built by talking, playing, self-esteem building activities, and physical movement.

In the Spring 2021, in-person and virtual options were offered for 320 participants. In the Fall 2021, it was 100% in-person and outside for 305 participants. Masks, yoga mats, journals, individual bags, star jumps and modified activities helped keep us healthy and safe while having fun. Two-hundred and eighty-five (285) GOTR girls, completed a post survey and despite it being hard still experienced significant impact.



"SHE LEARNED TOOLS TO HELP HER STAND UP TO BULLIES. GOTR HAS REALLY HELPED HER. SHE DOESN'T WANT TO MISS A SESSION"

SOCIAL

Shearer Mom, Fall 2021

- 90% Feel close to the people at their school
- 88% Are trying to be caring community members

EMOTIONAL

- 74% Are sure of themselves
- 63% Celebrate what makes them unique
- 87% Help when they see someone bullied

PHYSICAL

- 86% Are moving at least 60 minutes 3 times + a week

Fall 2021, for the first time in two years, **550 5K participants**, volunteer life coaches, families and friends were together in person at the **GOTR 5K**. It was exciting to see their joy and pride shared as they crossed the finish line after running, walking, skipping and cartwheeling 3.1 miles through the cold and fog at Kennedy Park in Napa.

GOTR groups also completed a **community impact project**. Collectively, participants contributed **2,600 hours of impact**. Participants supported community members who sometimes don't feel supported: LGBTQIA+ folks, teachers, unhoused individuals and shelter animals.



"TO FACE THAT YOU ARE DIFFERENT"

4th Grade, Latina Napa Student, Fall 2021

Diverse GOTR Girls & Volunteers

Girls on the Run Napa & Solano continues to support our more vulnerable community members with **71% of families financially disadvantaged and 62% are GOTR girls who come from traditionally under-represented racial/ethnic families.** This achievement is unique relative to other GOTR councils and is eighty-one percent (81%) of pre-pandemic diversity achievements. All of this was accomplished with 2.5 staff and 127 family of fantastic volunteers.

In the Fall 2021, seventy-six (76) Napa & Solano parents or guardians completed an end of program survey on-line by Girls on the Run International. Eighty-three percent (83%) shared that the GOTR experience helped my girl gain skills to help her handle the stress with the pandemic. Eighty-percent (80%) shared that their child is more confident because of their participation.



71% FINANCIALLY DISADVANTAGED

127 VOLUNTEER LIFE COACHES

One-hundred and twenty-seven (127) community members volunteered and opened their hearts to mentor and build relationships in 2021. It is because of our **Sheroes** that we were able to inspire confidence, joy, health and caring in our participants. We are committed to offer a diverse experience and had **48% of our life coaches** who come from a traditionally under-represented racial/ethnic group with 23% Latina. New this year, St. Supery Vineyards and Winery had an Every Day Hero Exhibit that honored our local community volunteer heroes. Youthful Yasmine, Laurel Creek, was GOTR's shero and exemplifies our family of life coaches who make sacrifices to be a leader.

"ONE GIRL WAS HAVING A ROUGH DAY WITH HER FRIENDS. WE WENT OVER THE HEART ACRONYM & SHE DECIDED SHE SHOWED CHARACTERISTICS OF A GOOD FRIEND. THIS REALLY HELPED HER COMMUNICATE WITH HER FRIENDS & FAMILY."

Spectacular Sage, Browns Valley
Coach Spring 2021



93% of guardians said GOTR has been a valuable experience!



"A GROWTH MINDSET"

A 5th grader who just completed her 2nd GOTR at a Napa Park when asked what was the most important thing she learned, Spring 2021

97% GOTR Girls felt their coach cared about them!



"A 5TH GRADER WHO HAD BEEN MORE QUIET IN 3RD GRADE, HAS BECOME MORE CONFIDENT IN SHARING HER THOUGHTS AT GOTR. GOTR HAS HELPED HER FIND HER VOICE."

Luminous Lisa, Shinning Shannon and
Magical Megan, Fairmont volunteer life
coachess Fall 2020

MENTOR

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15 Years Inclusive & Equitable Community

This year, we celebrated **fifteen years of empowering young girls** to be leaders who stand up for themselves and others! We are so grateful to the 950 (S)heroes who have brought the program to life for over 8,000 girls. In the Fall 2020, our board formally adopted an inclusion statement so all participants feel welcomed and supported:

Girls on the Run Napa & Solano is committed to be a stand-byer, celebrate uniqueness and with our volunteer life coaches to help our community be more **inclusive, diverse, just, and equitable**, by fostering a sense of belonging and trust, mutual respect, well-being, gratitude, empathy, empowerment, and shared responsibility for people of all ethnicities, races, skin colors, national origins and ancestries, religions, disabilities, genders (including gender identity and expression), and sexual orientations. Girls on the Run was founded to empower girls and in that spirit, we warmly welcome the participation of any child who identifies as "girl", non-binary, or gender expansive in our programs.

SUMMER CAMP



For the first time, to help through COVID, 16 new friends participated in a four day pilot **GOTR Summer Camp** at McPherson, O'Brien Park. It focused on emotional health & participants learned to:

- "Take a Breather"
- "That I am BRAVE"
- "Make new friends"

COLLEGE SCHOLARSHIPS

Scholarships (\$1,000 each) were given to three high school seniors for college thanks to the board's commitment to help girls achieve their dreams!

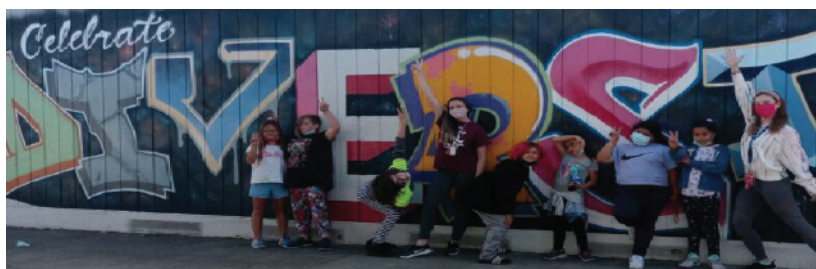
- Strong Samira Flores, GOTR Alumna & volunteer Jr Coach
- Joyful Julia Heath, GOTR Alumna & volunteer Jr Coach
- Kind-heart Kalaya Jones, volunteer Jr Coach



DREAM HALL



As part of our commitment to amplify unique women's voices, we shared LGBTQ Dream Hall women from our community virtually.



MORE SUSTAINABLE & BUILT CAPACITY

We ended the 2021 fiscal year with a small surplus. Thanks to the generosity of the Napa Valley Vintners, local family foundations and our circle of super star donors, we have \$70,500 for 2022 and built our reserves, LUNA. We are grateful for long-time partners Soroptimist International of St. Helena Sunrise and Community Projects Inc. who contributed and Kaiser Permanente who sponsored our Spring 2021. We supported our vulnerable community members' mental and physical health through our membership in the Community Organizations Active in Disasters and Community Leaders Coalition Steering Committee.

In November 2021, the GOTR Napa & Solano Board made the bold decision to merge with GOTR Sonoma to reach more girls, particularly our more vulnerable families and build a sustainable organization. Starting on January 1, 2022, we are **Girls on the Run North Bay!**

Revenue Streams

