

THE POWER OF OUR CONNECTEDNESS



Girls on the Run Capital Region

2022 GRATITUDE REPORT





Our **CONNECTEDNESS** grew stronger during the pandemic. Those powerful bonds have allowed **GIRLS ON THE RUN CAPITAL REGION** to share our impactful program with even more girls.



Dear friends,

As we reflect on the past year, the word connectedness ties together the people, places and power of the year 2022. The power of our connectedness and appreciation for one another grew stronger during the pandemic. It showed in the day-to-day work of our staff members as well as in the dedication of our volunteers. Connectedness also represents the link between our organization's past experiences and our desire to continue building a better tomorrow for girls. Since 2014, we have created that magical feeling of connection and belonging for more than 2100 girls across the Capital Region. And now, the future of our girl empowerment organization is bright.

That work was evident last year as we continued to build back after the global pandemic. In 2022, we served 628 girls in our community with the unwavering support of 150 volunteer coaches. We expanded into 22 new sites with the support of passionate individuals who are dedicated to creating a world where every girl knows and realizes her power and potential. We strengthened our commitment to inclusion, diversity, equity and access by developing resources to invite more non-native English speakers onto our teams. We forged meaningful partnerships with community members who share our core values and mission to inspire more girls to discover their unstoppable strength. We celebrated together as 1350 participants, families, coaches and supporters crossed the finish line at our joyful 5Ks.

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Every Girls on the Run season, girls establish a connection between their inner strength and limitless potential. Establishing connections with those around us, ourselves and our true purpose requires great intention. We couldn't accomplish this work without you.

Your commitment to Girls on the Run Capital Region has made it possible for more girls to participate in our transformational programming, setting them up for a lifetime of meaningful connections to helping them boldly pursue their dreams.

Warmly,



Sarah Smith Syden

EXECUTIVE DIRECTOR



PROUDLY

uplifting and inspiring kids

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



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



Lead with an open heart and assume positive intent



Nurture our physical, emotional and spiritual health



Stand up for ourselves and others

GIRLS ON THE RUN CAPITAL REGION

2022 highlights



628

unstoppable and remarkable girls

150

kind-hearted and dedicated coaches
and volunteers

49

local communities served

\$40,000

in scholarships provided to girls



THANK YOU, *partners*

In 2022, National Partners, corporations, foundations, local sponsors and individuals made it possible for Girls on the Run Capital Region to reach hundred of families. In turn, 628 girls found their inner strength, formed lasting connections with their teammates and made meaningful impact in communities across the Capital Region.

The generosity of our supporters is central to our impact. That impact is evident in every girl who joins our program and finds the confidence to challenge herself, find her voice and achieve her dreams.



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A policy of doing more.



United Way
of the Greater Capital Region





"Being a coach allowed me to get out of my comfort zone and challenge myself. As a Latina woman who predominantly speaks Spanish, I feel I am breaking barriers."

*-Patricia,
Caregiver and
Girls on the Run Coach*

"It was amazing to see 13 strangers come together as a team and become an unbreakable family. We all crossed the finish line at the 5K."

*-Alligson,
Heart & Sole Participant*



"The lesson on 'Connection' teaches how to find common ground with those who may seem different. By focusing on our commonalities, we can build a better world one connection at a time."

*-Jennifer,
Girls on the Run
Coach*



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