



GIRLS ON THE RUN TREASURE VALLEY

Power Rising

Running Ahead in 2020

2020 ANNUAL REPORT





In 2020, girls across the nation stood strong using skills learned at Girls on the Run. Their **confidence, inner strength, and resiliency** - fortified through our curriculum lessons – were clearly demonstrated in their ability to rise during trying times. As an organization, we found new and different ways to show up for girls. From new program options and enhanced safety measures, to finding creative solutions to unprecedented challenges, Girls on the Run stood firm in its commitment to inspiring girls to be **joyful, healthy, and confident.**

Dear Friends,



Inner power is a trait we frequently discuss and reflect upon at Girls on the Run. Through intentionally designed and evaluated lessons, girls learn about the individual strength we all possess to face adversity with courage, to make choices that nurture our health, and to rise when we fall. Throughout life, overcoming or accomplishing challenging experiences is a central way we come to know the inner power we possess. This is why girls complete a 5K run at the end of our program; crossing the finish line is a meaningful aha-moment of fortitude that they remember well into adulthood.

Fiscal year 2020 was certainly a lesson for all of us to deeply connect with our inner power, resilience, and determination. Plans to serve 1000+ girls were dramatically altered as Girls on the Run Treasure Valley - along with the entire world - found itself embarking down an uncertain path in March 2020.

Most of the girls we serve participate at their schools, so as schools began transitioning to remote learning, we knew we had to find a way to safely meet their needs in a new way. Albert Einstein's quote "In the middle of every difficulty lies opportunity" became our guiding principle and mindset. We cancelled the remainder of in-person sessions for our spring 2020 season in March, offered refunds to our families, and pivoted to creating and sending online videos and activities to girls to do at home.

Knowing the limitations of independent activities, we spent the summer adjusting our curricula and coach training so it could be offered either interactively on a virtual platform like Zoom OR safely in-person with new, socially distanced activities and other COVID safety measures.

continued on next page...

We worked hard to explain our new programming options and gain trust from our trusted school partners, volunteers and parents. We were able to safely offer Girls on the Run to girls at about a dozen in-person teams and three virtual teams in Fall 2020. The joy girls expressed, and the gratitude parents and volunteers shared for this innovative and unexpected programming were affirming and will continue to use these 'hybrid' curricula for spring 2021.

2020 was our 20th year of providing Girls on the Run programs to girls in southwest Idaho. We are proud to have inspired more than 11,000 girls to become stronger, more joyful, healthier, and more confident during that time, and had hoped to celebrate with a large celebration. This was clearly not possible during a pandemic, but we are grateful for all of the support we've had from our sponsors and community along this journey nonetheless.

Although 2020 provided many unforeseen struggles, we know that we gain wisdom and inner strength in times of difficulty. The challenges that Girls on the Run Treasure Valley overcame will help us grow stronger and continue to serve girls in new ways in the future. We are grateful for your support, and look forward to what's next.

Toni Ramey
Executive
Director

+ Holly Johnson
Board Chair



11,000+ Girls Empowered in Southwest Idaho over the past 20 years

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 is so important during this time because our emotions are getting mixed up, and you don't really know what to think. It's good to go back to what you know about ***generosity*** and ***gratitude***. Those lessons help in a time like this.

Casey, GOTR girl



Needed Now More Than Ever

The pandemic coupled with a tumultuous and divisive social climate has had a significant impact on girls. Stress, depression, and loneliness have increased while physical activity levels declined. As the leading national expert in physical activity-based, positive youth development, Girls on the Run understands the importance of physical and emotional wellness, particularly in positively influencing girls' ability to navigate their way through this difficult moment.

With the same confidence we inspire in girls, Girls on the Run quickly adapted its programming to provide girls with a safe, inclusive, and joyful space to learn the vital social-emotional skills we all need to endure life's most challenging times.

A Powerful Response



Journal

Take-home journals allowed every girl to connect to the lessons, explore her feelings, and exercise her mind.



5K

Whether at our mini team 5Ks or our virtual 5K, girls felt heartfelt encouragement from their coaches and teammates and the innate confidence that comes through accomplishment during the beloved end of season Girls on the Run 5K.



Safe Program Options

We revised the curricula for both GOTR and Heart & Sole to enable them to be safely delivered in person to small teams, or via interactive online platforms where girls and coaches meet virtually.





The Impact



Parents reported decreased levels of loneliness and increased levels of physical activity in their girls after participating in Girls on the Run.

- “ She was so eager to go to practice. The pandemic has been hard and Girls on the Run gave her respite from this.
- “ She enjoyed being able to connect with girls her age. With being out of school and having limited friend interactions, Girls on the Run really improved her daily mindset and mental health.



Thank You, Partners

In a year like no other, Girls on the Run strengthened its partnerships with companies, organizations and foundations that collectively supported our organizational needs and made it possible for us to advance our mission. We are thankful for the collaborative, innovative and generous support of our partners and individual donors that enabled us to thrive, adapt, and rise above the challenges of 2020. Together, we are delivering on our promise to create a world where all girls know their unlimited strength and potential.



National Partners



Gamma Phi Beta



Local Sponsors



TITLE SPONSOR

Regence



Foundation Partners



Johnson Foundation
of the Rockies

BEWS
FOUNDATION

Snapshot Stats

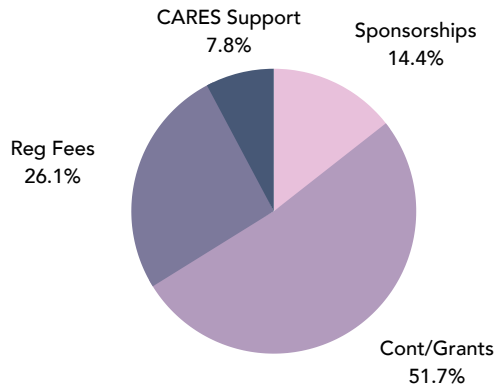
	2018	2019	2020
Total # of Girls Served	727	910	633
Total Scholarships Granted	\$31536	\$40082	\$27972
Total # of Coaches	185	235	183
Total # of Volunteers	315	402	256



Statement of Activities



Fiscal Year 2020

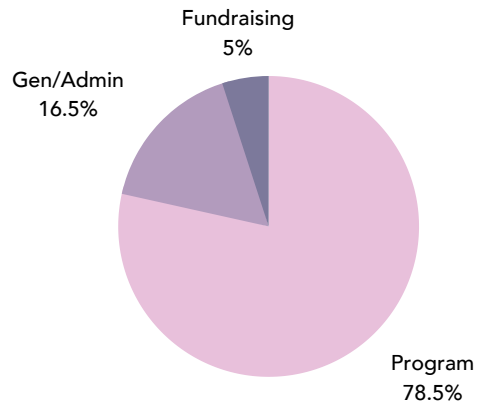


Support, revenue and other income (loss):	Total
Sponsorships	\$25500
Contributions and grants	\$91523
Registration fees	\$46118
Merchandise sales	\$433
Fundraising events	\$0
CARES Support	\$13751

continued on next page...

Fiscal Year 2020

Net assets released from restrictions	Total
Satisfaction of time restrictions	\$0
Satisfaction of purpose restrictions	\$0
Total support, revenue and other income (loss):	\$176892
Expenses	Total
Program	\$95034
General and administrative	\$20013
Fundraising costs	\$6023
Change in net assets	\$
Net assets, beginning of year	\$148121
Net assets, end of year	\$203951





Board of Directors

Holly Johnson

President of the Board
Towne Square Media

Marnie Packard

Vice President of the Board
Molina Healthcare

Katherine Parker

Secretary of the Board
cxLoyalty

Karen Sander

Treasurer of the Board
HDR Engineering, Inc.

Michelle Burks

Member
Micron

Erika Cobb

Member
City of Boise

Dana Hamilton

Member
Fisher's Technology

Jamie Kinshella

Member
Kount, an Equifax Company

Sydney McIntyre

Member
Boise School District,
Retired

Laurie Reynoldson

Member
Thornton Oliver Keller

Carrie Westergard

Member
Boise Convention &
Visitors Bureau

Duree Westover

Member
Experis





PO Box 6812
Boise, ID 83702
208-388-4687

www.gotrtv.org