



Girls on the Run of Greater Rochester

Thank you for all of your support!

2020 was a year full of challenges, but because of you, over 120 girls across 4 counties on 11 different teams are feeling resilient and empowered!

**Financial Aid
Awarded to
Girls in Need**

\$1,585

**93%
Of Parents Said**

*they would have
their daughter
repeat the program*

**Number of
Volunteer
Coaches**

48

**Girls
Achieving
Scholarships**

13

99%

Of Parents Said

*they would recommend
Girls on the Run to others*

99%

Of Parents Said

*Girls on the Run was a
valuable experience for my
daughter*

Virtual 5K Participation

582

236 GOTR girls, 87 running buddies,
96 volunteer coaches, and 163
community runners

“Girls on the Run is so much fun! I have been running with GOTR for 4 years and made a lot of new friends, gained confidence in myself, and helped others too. It doesn't matter if you are the fastest runner, it matters that you are staying active. What I like best about Girls on the Run is being a positive person and being with friends!”

Kaitlyn, age 10, Rochester

“The most important lesson I learned in Girls on the Run is to always use my Star Power and how to help others find their Star Power. It is a really good experience, because of all the new people that you can meet, and all the things that you can learn about running and self-care. I think GOTR is fun, amazing, and inspiring!”

Madelyn, age 9, Rochester



For more information visit: <https://www.gotrrochester.org/>