

Girls on the Run New Jersey North 2020 Gratitude Report

A **YEAR**
OF **IMPACT**



DEAR FRIENDS,

Although 2020 started off in a typical fashion, life as we knew it changed and it became a year we will never forget. As GOTR NJ North prepared for the start of our Spring season, we quickly shifted gears to shut the season down on March 16th. Recognizing the need for connection during this unpredictable time, we provided GOTR at Home. These printable Girls on the Run lessons and activities enabled the girls to enjoy some GOTR joy at home. Adapt, pivot, adjust; Every aspect of life changed...at work, at school and at home.

As uncertainty about the future grew, I found solace in one of our lessons:

Stop, Breathe, Think, Respond, Review.

Those words are from a Girls on the Run lesson about the importance of pausing to intentionally reflect on our thoughts before taking action. Reflecting on difficult times can be uncomfortable. As we near the end of 2020, I want to highlight what we achieved this year.

- ✿ We provided over \$2700 in scholarships
- ✿ 45 trained coaches gave their time and energy
- ✿ 14 community service projects were completed
- ✿ 138 girls participated in our program and we had 14 teams

We are extremely proud that we hosted a fall season for our families. Providing in-person programming was a courageous leap of faith. Our coaches bravely stepped up to lead our girls. Survey results show that this season was as important for our volunteers as it was for our girls. It seemed everyone needed a little GOTR! Our goal was for every girl to have a safe, warm and welcoming experience and our parent survey showed that we were successful.

Building confidence, transforming lives

We believe that ALL GIRLS are born with power and purpose. Together, we inspire girls to unleash their infinite potential and unstoppable strength.

OVER ² MILLION
GIRLS TRANSFORMED!



94%

of parents reported it was a
valuable experience for their girl



97%

of girls said they learned
critical life skills



96%

of schools would offer the
program again

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

Our Curriculum



Setting Our Girls Up For Success

We are so much more than a running program. Our evidence-based curriculum and national volunteer training distinctly differentiate Girls on the Run from other youth programs. All of our programs are designed to meet the unique needs of every girl, inspiring her to build confidence, decision making skills and the strength to stand up for herself and others.



Before Girls on the Run, I didn't have many friends. Now, I have friends who support me and make me feel happy about my life.

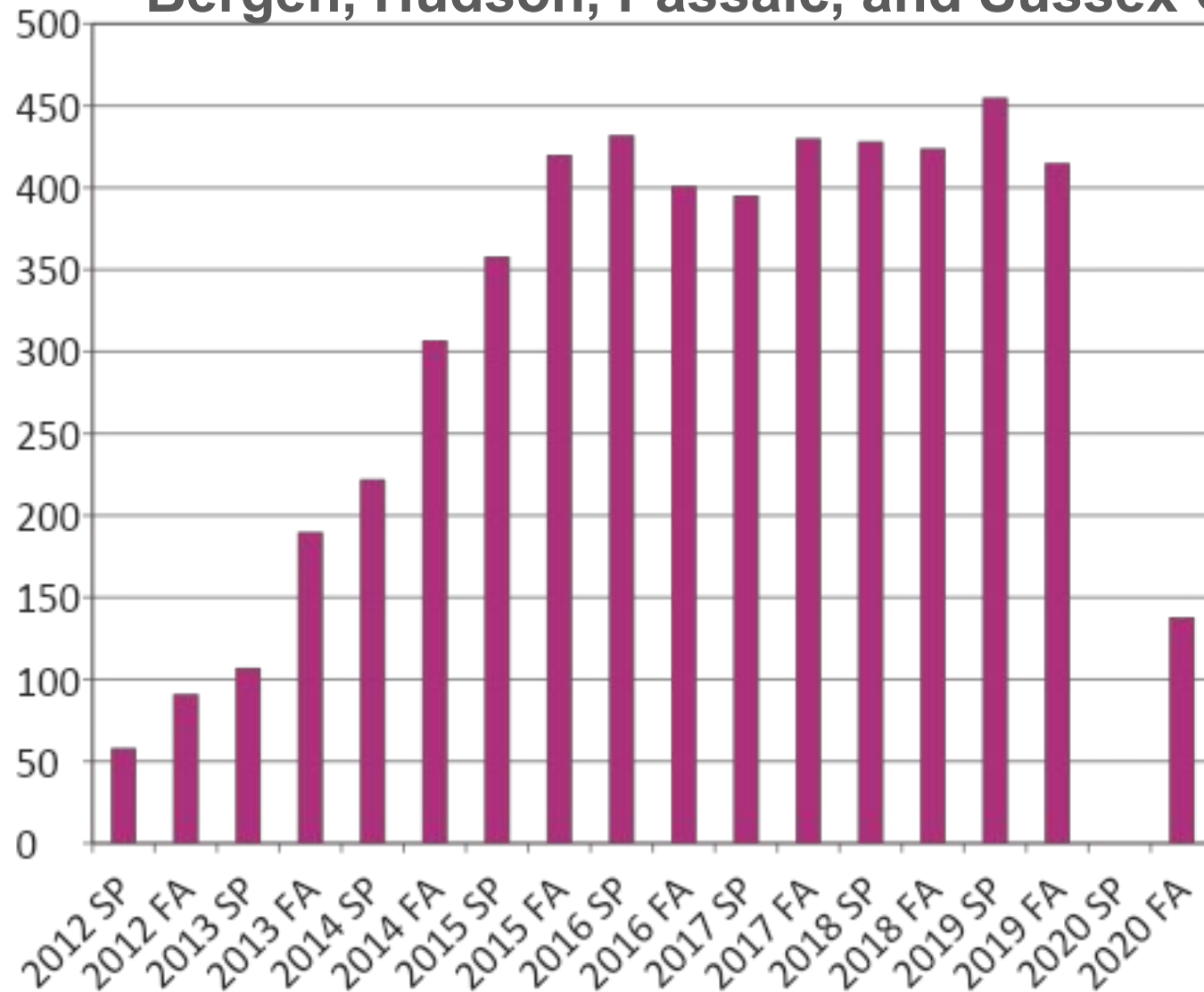
**In 2020, our
council made a
difference in the
lives of 138 girls
and 45 trained
coaches.**

**YOUR IMPACT IN
YOUR COMMUNITY**

**This year also saw the
distribution of \$2700 in
scholarship aid to help
more girls access our life**



Snapshot of our 2020 Reach in Bergen, Hudson, Passaic, and Sussex Counties



5,271 girls served in Northern NJ since 2012



“When you are sad
or having a bad

day, *I learned* you
can *positive*

self talk your way
out of it.”

Meg, age 9

Fall 2020 Participant



Our Local Presenting



Riverview
Paving



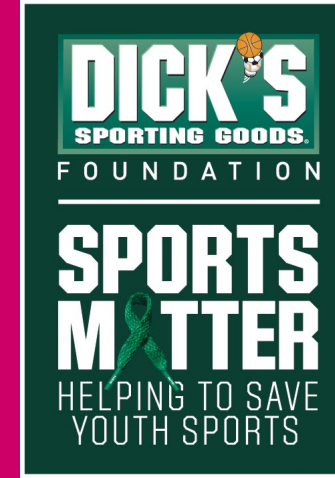
Our Local Platinum

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Young Men's Philanthropic League Foundation
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URGENT CARE

Our Local Gold

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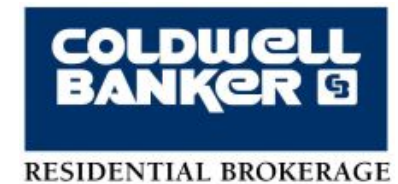


Colleen Hardcastle



A MEMBER OF CONSENSUS HEALTH™

The Gaudet Family



Julie Killen



Our Local Silver Sponsors

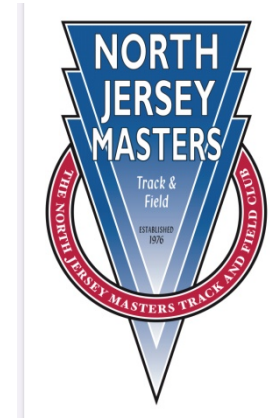


The Lake Mohawk
German Christmas Foundation

The Heineman-Rodriguez Family



Franklin/Hardyston
Municipal Alliance



Our Vision

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Our Bronze

Sponsors

Eunoia Global and African Link Initiative, Shazel Muhammad-Neain
Jr. Women's Club of Sparta The Hayowyk Family
Frank Macchione Construction and Paving Laura DeLea



Friends, SoleMates and Sponsor A Girl

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Sarah Rubacky	The Barrs Family

Our In Kind Sponsors

Sparta Elks Lodge
Super Self Storage
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Lake Mohawk Country Club



“GOTR is an incredible program
and it leaves the kids with such a
profound sense of confidence and
accomplishment. This is one of
those things as a parent you
wish, you could put in a bottle
to **save** and reuse for years to
come.”

Parent | NJ

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MOVEMENT ↘

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