

Girls on the Run NJ North

2018 Gratitude Report



Dear friends...

Our Impact. Impact is a word that is used quite frequently in the non-profit sector to describe the effect of one's program. At Girls on the Run, we use it to describe the positive transformation we are inspiring in the lives of the girls we serve. It is truly heartwarming to see our mission – inspiring girls to be joyful, healthy and confident – coming to life in our community.

Full Circle. As we reflect back on our 7th year, we are moved by the number girls, coaches and volunteers that return year after year to support our program. Our 5K events have turned into a type of homecoming. Past coaches, volunteers, girls and their families gather and connect. Many girls who have participated in our program come back to volunteer as a running buddy or as a junior coach. Not only are these junior coaches connecting with the girls on their team, the GOTR lessons are being reinforced for *them*. Reviewing the life-changing skills helps to build their confidence and reminds them that they can do anything!

Girls Can. Girls can be doctors, lawyers or architects. Girls can be astronauts, construction workers or engineers. Girls can be parents, CEO's or scientists. Our vision is a world where all girls know and activate their limitless potential and are free to boldly pursue their dreams. Simply put, our mission is to give them the confidence to GO FOR IT!

Remarkable. 2018 has been a remarkable year for NJ North!

- ✿ We provided over \$34,000 in scholarships in 2018
- ✿ 37% of girls received financial support
- ✿ We provided 25 pairs of sneakers
- ✿ 65 Community Service Projects were completed
- ✿ 851 girls participated in our program
- ✿ Over 200 trained coaches gave their time and energy

Grateful. The Girls on the Run staff and board members are grateful for the opportunity to serve this organization and our community. None of our success would be possible without YOU! The support of our dedicated volunteers and sponsors is essential to the realization of our goals.

Today's girls will be tomorrow's women. Thank you for playing a role in the next generation of girls growing up to become strong, contributing members of society. Together, we are making a difference!

Wishing you and your family many blessings this holiday season and in the year ahead.

Warmly,

Maureen Dykstra | Council Director

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



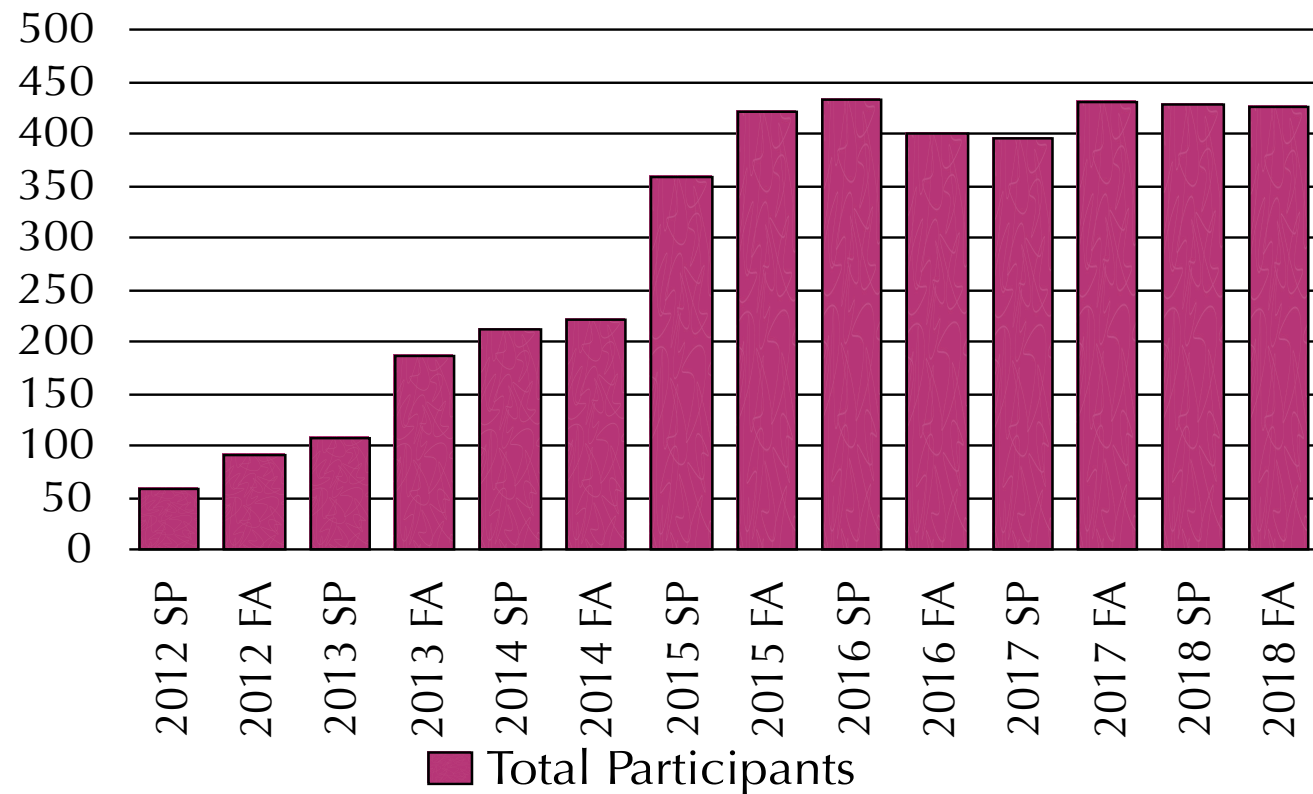
Sustained impact...

What makes Girls on the Run different?

The evidence-based curriculum and formal volunteer training distinctly differentiate Girls on the Run from other youth programs. There is no other national girl-only physical activity-based positive youth development program that formally trains its coaches on how to implement the curriculum as intended and to create positive relationships in a caring and inclusive climate. It is this combination, an intentional curriculum and coach training, that makes the positive outcomes we see in the lives of the girls we serve possible.



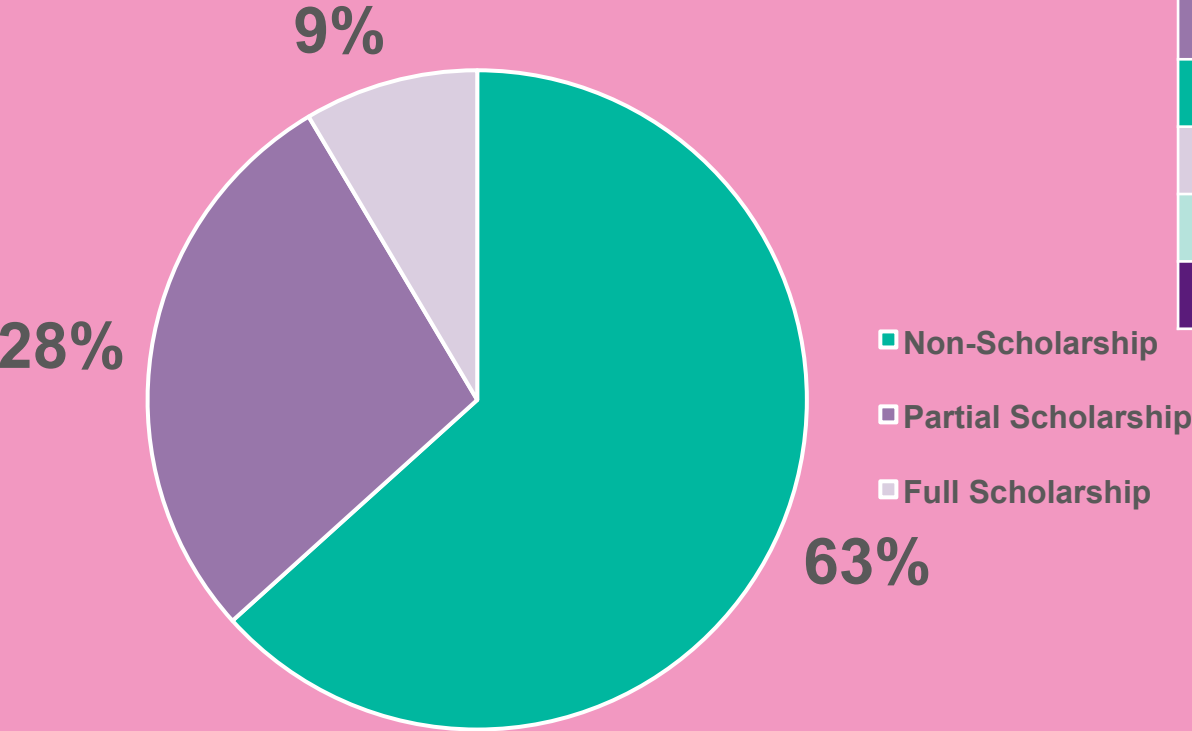
Snapshot of our Reach in Bergen, Hudson, Passaic, and Sussex Counties



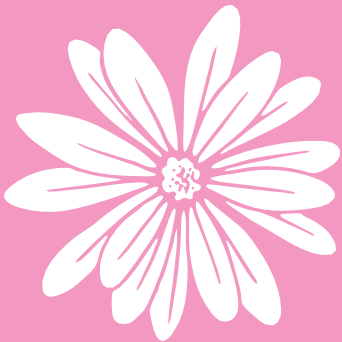
4,259 girls served in Northern NJ since 2012



2018 Scholarship Data



Scholarship Data:	# of Girls
Partial Scholarship	211
Non-Scholarship	543
Full Scholarship	97
Total Girls 2018	851
Total Scholarships Awarded in 2018	\$34,903



Our Local Platinum Sponsors



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We are **GRATEFUL** for our **SPONSORS**

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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

The Community Foundation of NJ

The Grace Financial Group, Marion G. Cuff

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Jr. Women's Club of Sparta



Sponsor A Girl

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Our In Kind Sponsors

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**“If you’re having a
problem and someone is
picking on you, or making
you feel bad about
yourself and angry, you
just need to *stop*, breathe,
think and respond.”**

Sasha | Age 9,

Girl on the Run

Friends of GOTR

Skylands Medical Group, Dr. Sieminski
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Mark Avondoglio
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The Schweighardt Family
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THANK YOU TO OUR NATIONAL PARTNERS!



Our Leadership ~ 2018 Board of Directors

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Girls on the Run NJ North

Special thanks to Dr. Jennifer Raman, MD who completed her board service in 2018.



P.O. BOX 195 SPARTA, NJ 07871

www.gotrnnj.org

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MOVEMENT