



Together, we all grow & thrive



At the core of everything we do is our commitment to helping the girls we serve to grow and thrive. Because of you, our girls believe in themselves and have the confidence to set and reach their goals. We want every girl to know that Girls on the Run is a place where she belongs and can use her voice to stand up for herself and others.

A GOTR Girl from our Stanhope School said recently,

**"GIRLS ON THE RUN TAUGHT ME ABOUT CHOOSING FRIENDS
AND THAT SOMETIMES YOU HAVE TO LET FRIENDS GO"**

Girls on the Run NJ North is dedicated to strategically planning our growth and delivering a program known for quality and integrity. Thanks to you, Girls on the Run NJ North is growing and thriving. After two rebuilding years, it's a joy to share that during the 2023 season:

- 770 girls grew joyful, healthy, and confident
- 60 schools held Girls on the Run programming
- 2 5K events brought the community together
- Over \$49,280 in scholarships enabled more girls to participate



With gratitude,

Maureen

Maureen Dykstra
Executive Director



OUR *reason* WHY



66 I liked how Girls on the Run taught me to be me."

Emma, 5th grade

66 GOTR gave me more confidence
and made me want to do more things."

Lena, 4th grade

66 I love that the program makes activities
fun by putting running into the activity!"

Gracie, 3rd grade



Grateful for our, *values*

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
- ★ NURTURE OUR PHYSICAL, EMOTIONAL AND SPIRITUAL HEALTH
- ★ LEAD WITH AN OPEN HEART AND ASSUME POSITIVE INTENT
- ★ STAND UP FOR OURSELVES AND OTHERS



2023 Girls on the Run New Jersey North Gratitude Report

2023 IMPACT

IMPACT
points

770

Girls served

\$49,240

Total in financial aid
scholarships given

60

Total teams

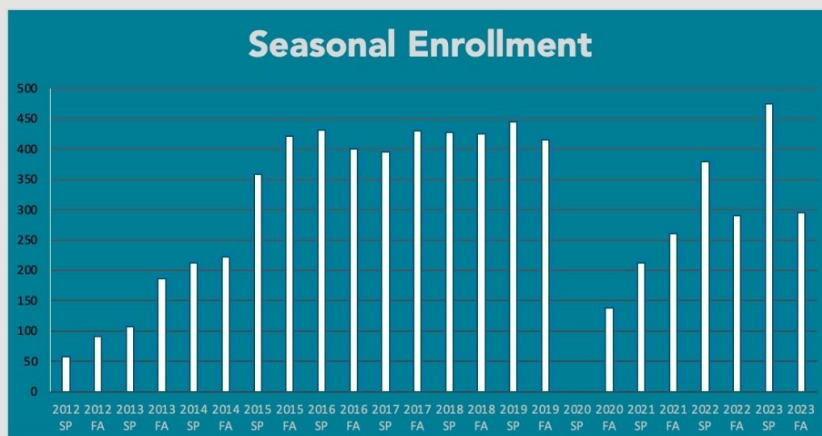
192

Coaches

185

5K volunteers

Spring 2023 was our largest
season to date!



Thanks to your support, in 2023
36% of our participants received
financial assistance.



2023 Girls on the Run New Jersey North Gratitude Report

Grateful for you, *partners*

Every girl served this past season was uniquely impacted by your generosity. With your continued support, you'll help more girls access life-changing programming. Families will gain the opportunity to register their girl for Girls on the Run, giving her the gift of confidence and the chance to achieve her dreams.



NATIONAL PARTNERS

ADIDAS | GAMMA PHI BETA | RITE AID FOUNDATION
THIRTY-ONE | CARIBOU COFFEE | BAND

LOCAL PARTNERS

PRESENTING SPONSOR: Riverview Paving

PLATINUM SPONSORS: Chilton Medical Center Foundation, Hoboken Public Schools
Red Hook Terminals

GOLD SPONSORS: Julie Killen, Coldwell Banker, Lakeland Bank, Skylands Orthodontics
Newton Sparta Pediatric Dentistry and Orthodontics
Wellness Center Pediatrics, Duphiney Financial
Hudson Farm Foundation, Sussex Charter School
German Christmas Market Foundation, ThorLabs
Montague School District, Junior Women's Club of Sparta
Biondo Investment Advisors, AdvoCare Vernon Pediatrics

SILVER SPONSORS: The Szabo Family, Colleen Hardcastle
The Grace Financial Group, Team Determination
Tiffany Heineman, Team Walker
C&H, Fleet Feet

SOLEMATES Chrissy Vita and Kendal George

IN KIND Sparwick Contracting, Team Seal, Dykstra Associates, Sparta VFW
Bagel Bistro, Lake Mohawk CC, Elks Club
Shop Rite, Sparta Library, Krogh's Restaurant

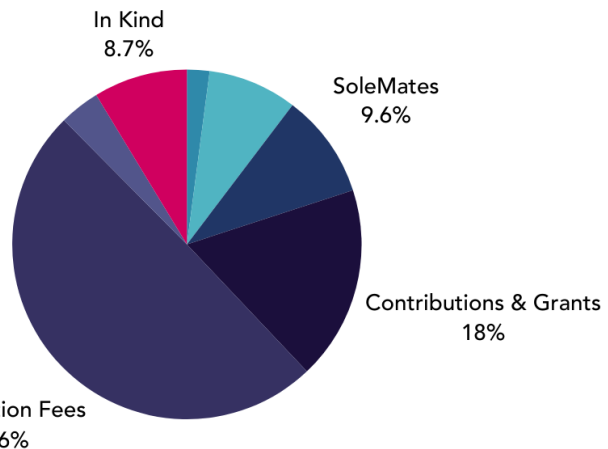


2023 FINANCIALS

Support, Revenue & Other Income	Total
Sponsorships	\$22,483
Individual Giving	\$5,679
SoleMates	\$6,292
Contributions & Grants	\$48,954
Registration Fees	\$135,235
Merchandise Sales/Miscellaneous	\$10,191
Total Support, Revenue & Other Income:	\$228,834

Expenses	Total
Program	\$50,561
General & Administrative	\$154,790
Total Expenses:	\$205,351

 ***In-kind Sponsor Donations:** \$23,675



BOARD OF *directors*

Tiffany Heineman
Board Chair
Einhorn, Barbarito,
Frost & Botwinick

Lisa Kurdziel +
Board Member
Virgin Unite

Melissa Fagersten
Vice Chair
Sparta Board of Ed.

Allison Starkey
Board Member
Lendistry

Shazel Muhammad *
Board Member
Eunoia Coaching

June Seal
Treasurer
Revive Studios

Dr. John Taylor
Board Member
Irvington Board of
Education

Vikki Szabo
Secretary
Sparta Board of Ed.

Julie Killen
Board Member
Coldwell Banker

*Concluded their board role as of 5/2023 +New board member