

GIRLS ON THE RUN NJ NORTH

Gratitude Report

Running Ahead to 2022

2021 ANNUAL REPORT





In 2021, 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,



As 2021 draws to a close, we are encouraged by the resilience of our GOTR girls. Inner strength is a trait we frequently discuss at Girls on the Run. Our research based curriculum teaches girls that they can face adversity with courage, make healthy life choices, and try again if they fail the first time. Oh how they have exhibited that over the past 2 years!

Our spirits were buoyed by the return of our in person 5K event this fall. What a fantastic way to celebrate the girls and show them that they can do hard things.

Here are other highlights from 2021:

- 474 girls served
- 148 trained volunteer coaches
- \$8,775 in scholarships
- 39 teams across 4 counties
- 39 Community Service Projects

Our 2021 survey data reflects the positive impact our program has on our girls and the gratitude of our parents for the return of our Girls on the Run in person programming.

Times of great difficulty are an opportunity for growth and we know that the struggles we face today develop the strength that will we need tomorrow.

The Board and Staff of Girls on the Run NJ North are inspired by the strength of our girls and the dedication of our sponsors.

Thank you for believing in us, our girls and our mission.

Maureen Dykstra
Council Director



2+ Million Girls Empowered Nationally over the past 24 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 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.



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 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 2021. Together, we are delivering on our promise to create a world where all girls know their unlimited strength and potential.



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Snapshot Stats

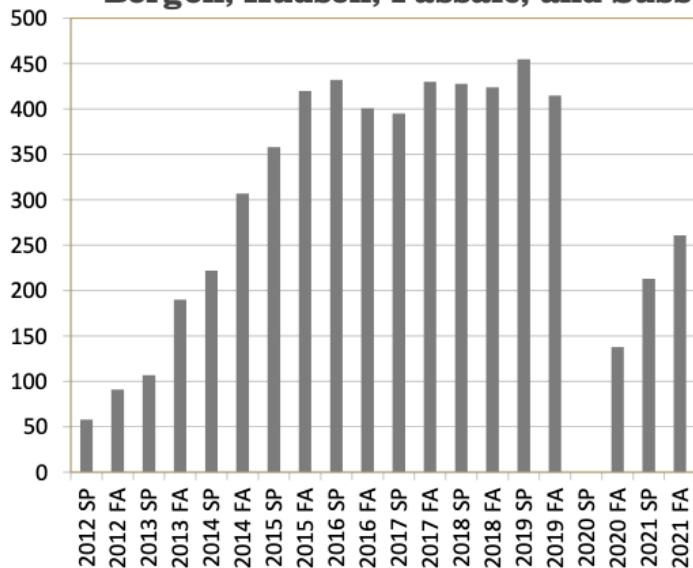
	2019	2020	2021
Total # of Girls Served	870	138	474
Total Scholarships Granted	\$35,215	\$2,700	\$8,775
Total # of Coaches	250	45	148
Total # of Volunteers	315	72	241

5745

Girls Served
Since 2012!

Building Back

Snapshot of our 2012-2021 Reach In Bergen, Hudson, Passaic, and Sussex Counties



5,745 girls served in Northern NJ since 2012





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