



Spring 2022



Your generous contribution helped to:

- Offer programming to girls in grades 3-8 across North Central WV!
- Provide program materials and healthy snacks for 312 girls!
- Equip 85 program coaches for our Girls on the Run and Heart & Sole teams!
- Inspire a diverse group of spectacular girls on 23 different teams in our region to be joyful, healthy, and confident!
- With your help, we provided full or partial scholarships to 48% of our spring program participants totaling \$10,900 in financial assistance!



Our coaches say...

Thank you!!



"It's more than you think it will be.

Not only will you help the girls learn valuable skills, but the coaches learn them as well."

"It is meaningful to see girls develop confidence and strength through the lessons and exercises."

"It's an amazing experience & so much fun! I loved being a coach & can't wait until next season."

# We are so grateful to be back together!

After virtual events in Spring and Fall of 2020 and small scale site based events for our teams in 2021, we are full of joy and gratitude for our in person

## Spring 2022 Med Express Girls on the Run of North Central West Virginia 5K!

We had 691 participants registered and we got a special visit from the WVU Mountaineer!



### The Med Express Girls on the Run of North Central West Virginia Spring 2022 5K

- 691 registered participants
- 48 volunteers
- Unmeasured JOY!



Every girl is unique and at Girls on the Run, we believe that is a super power! At Girls on the Run we encourage girls to value our differences and find strength in our connections. As girls build friendships and empathy for others, they form a team where they are supported, accepted and encouraged and where they inspire each other to let their Star Power Shine!

Thank you for your help in making our Spring 2022 Girls on the Run season a reality! With your help, we continue to inspire girls in West Virginia to be joyful, healthy and confident! We hope you will join us again for Spring 2023!

