

THE POWER OF OUR CONNECTEDNESS



Girls on the Run of North Central West Virginia

2023 ANNUAL REPORT



Dear friends,

As we reflect on the past year, the word 'connectedness' ties together the people, places and power of our Spring 2023 season. Spring 2023 was a season for rebuilding and growing the ties that bind us to our community in North Central West Virginia. Our network of local support has never been stronger and your impact has helped us to extend our reach to girls at 6 new program sites this season and to rebuild and restore several more program sites that had lapsed through the pandemic.

Our spring 2023 local sponsors and donors connected with our council at deeper and more tangible levels than ever before, providing not only crucial financial support but also active support for the teams and the 5K in the form of activity stations, gift items, running shoes, EMS and athletic training support at the 5K, and so much more! Our sponsors have leveraged their knowledge and personal connections to help strengthen our staff and board and to offer resources and opportunities to help our council grow stronger for a bright future!

In 2023, we served 357 girls in our community with the unwavering support of 107 volunteer coaches. 76% of our program participants this season were experiencing Girls on the Run for the very first time! We expanded into 6 new sites with the support of passionate individuals who are dedicated to creating a world where every girl knows and realizes her power and potential.

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Starting with our updated strategic plan, created in August of 2022, our council strengthened our commitment to serving EVERY girl, with additional focus on inclusion, diversity, equity and access goals. We forged meaningful partnerships with community members who share our core values and mission to inspire more girls to discover their unstoppable strength. We celebrated together as over 750 participants, families, coaches and supporters crossed the finish line at our joyful 5K on May 27.

Every Girls on the Run season, girls establish a connection to their inner strength and limitless potential. Establishing connections with those around us and our true purpose helps us to unlock the best versions of ourselves. We couldn't accomplish this work without you.

Your commitment to Girls on the Run of North Central West Virginia has made it possible for more girls to participate in our transformational programming, setting them up for a lifetime of meaningful connections and helping them to boldly pursue their dreams.

Warmly,

Joanna Mizener

EXECUTIVE DIRECTOR



PROUDLY

uplifting and inspiring kids

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

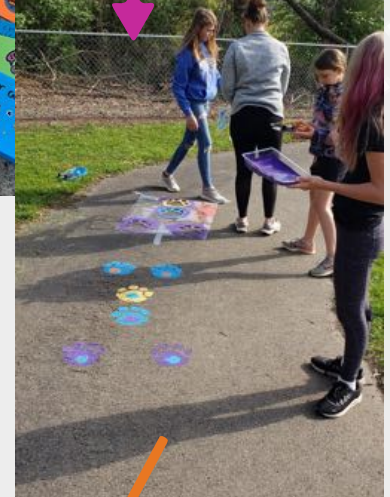


Nurture our physical, emotional and spiritual health



Stand up for ourselves and others

GIRLS ON THE RUN MAKING AN IMPACT IN LOCAL COMMUNITIES.





Jane Lew Elementary
beautified their
walking track with
colorful designs in
cooperation with the
PTO and Extension
Services.

Simpson
Elementary
painted blessing
rocks to place
within their
community at local
parks and
playgrounds.



Mountainview
Elementary
collected items such
as crayons, fidgets,
coloring books and
small toys to make
care packages for
kids in the
children's hospital.



Our **CONNECTEDNESS** continues to grow stronger!
Those powerful bonds and your support have allowed
our council to share our impactful program with even
more girls.



BOARD OF DIRECTORS

Julie Mills

Board Chair
All Squared Away

Booker Walton III

Vice Chair
Mountaineer Technology Consultants

Kayli Kosten

Treasurer
United Bank

Noel Goldberg

Secretary

Jim Cummings

5K Director

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WVU School of Law

Bailee Miller

MF Consulting

Marjorie Rosmarin

Cheat Lake Animal Hospital

Heather Tallman

WVU Medicine

Barb Tucker

Lewis County Board of Education



Thank you to Donna Borgstrom and Jim Cummings who completed their board service in 2022. Jim has continued to serve the organization in the capacity of volunteer 5K Director.

THANK YOU, *partners*

The generosity of our supporters is central to our impact. That impact is evident in every girl who joins our program and finds the confidence to challenge herself, find her voice and achieve her dreams.

Over 750 runners
participated in the
Spring 2023 5K!

A YEAR OF *building back*

Grant support for
scholarship funding provided by:

Women's Giving Circle of North
Central West Virginia

BHE GT&S,
A Berkshire Hathaway
Energy Company

357

unstoppable and remarkable girls

107

kind-hearted and dedicated coaches
and volunteers

23

sites

\$11,570

in scholarships provided to girls



LOCAL SPONSOR ACTIVATIONS



THANK YOU, *local sponsors!*

Title Sponsor:



Choice Urgent Care Provider for
Girls on the Run of North Central WV

Founding Sponsor:





THANK YOU!



NATIONAL PARTNERS



Gamma Phi Beta



CORPORATE SPONSORS



GENESIS GIVES



TOKIOMARINE
HCC



FOUNDATION PARTNERS



Bill and Sharon Allen
Family Foundation





With gratitude from our staff:
Joanna Mizener, executive director
Becca Jones, program director
Meghan Flesher, program manager

Girls on the Run of North Central West Virginia
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