

Girls on the Run New Jersey East 2025 Annual Report





As girls' needs grow,
Girls on the Run New
Jersey East helps them
build **confidence**, form
meaningful
relationships, and
discover the **joy of**
movement.

proudly empowering girls in

Burlington, Essex, Hunterdon, Mercer, Morris & Union Counties





DEAR FRIENDS,

Last year marked a remarkable milestone for **Girls on the Run NJ East**: 25 years of inspiring girls to be joyful, healthy and confident! Since Sydney Davis started our first team in Millburn in 2000, we have served **over 26,000 girls** with our impactful lessons, caring coaches, and culture of belonging and empowerment.

A generation of girls in New Jersey and beyond are beginning to navigate adulthood with the tools and strategies learned through Girls on the Run.

We celebrated our 25th anniversary by focusing on the incredible people who have been part of Girls on the Run NJ East:



- We recognized two of our program alumni with the **25th Anniversary "Limitless Potential" Alumni Award** that included \$2,500 grants for learning, growth and personal development. You can read more about our award winners, Elizabeth Moose and Ava Tabart, on page 13.
- In our **"25 Voices" communications campaign**, we featured 25 people who were positively impacted by our mission or helped our journey over the past 25 years: GOTR girls, coaches, parents, and community supporters. You can read some of their powerful quotes in this report!
- Always remembering that our coaches are the heart of our program, **we recognized coach service milestones** in many ways, including gold capes for coaches who have served for 10 seasons or more.



In 2025, we continued to deepen the impact of our work and increase access for more girls to join our confidence-boosting program that fosters physical and mental well-being:

- We launched **“Hello, Mountain Mover!”**, the latest curricula from Girls on the Run International that **teaches girls they CAN do hard things!**
- **More than 43% of families received financial assistance** for program fees. Since 2022, we have more than doubled the financial assistance we provide and extended our reach into new communities each season.
- Our season-culminating 5K events soared in 2025 with **record-breaking celebrations** in Branch Brook Park in Newark, as well as new sites at Mercer County Community College and Cadwalader Park in Trenton.

We also spent our 25th anniversary looking ahead by partnering with the staff, board of directors and other stakeholders to develop a **new strategic plan for 2026-2028** that will ensure our mission continues to flourish for years to come! Thank you for helping us to make all of this possible.



WITH GRATITUDE,

Suzanne & Kristen

Suzanne Elliott
Executive Director

Kristen Cappadona
Board President



Uplifting and Inspiring Girls

OUR MISSION

We inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

OUR VISION

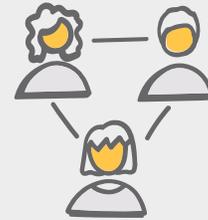
We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



Our Core Values



Recognize our power and responsibility to be **intentional in our decision-making**



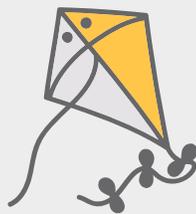
Embrace our differences and find strength in our **connectedness**



Lead with an open heart and **assume positive intent**



Express joy, optimism, and gratitude through **our words, thoughts, and actions**



Nurture our **physical, emotional, and spiritual health**



Stand up for **ourselves and others**



As a young girl, Girls on the Run taught me **kindness, goal setting, and self-belief**. Through the support of my coaches, teachers, and peers, I realized that there are people beyond your family who genuinely want to see you grow. The impact has stayed with me.

— **Amy Torres**
GOTR NJ East coach (Mercer County)
& program alumna

Girls on the Run has given our daughter more than just a team — it's given her confidence, friendships, and a space where she feels understood. Watching her step into that sense of **belonging and joy** has been incredibly rewarding for us as parents.

— **Ankit Shah**
GOTR NJ East parent



We are ready. We are set. Let's go.

In 2025, we celebrated amazing accomplishments in **Burlington, Essex, Hunterdon, Mercer, Morris and Union** counties! As we look toward 2026, we are excited to continue our mission to build confidence, inspire joy in movement, and nurture emotional health in girls.



1,880

Unstoppable Girls



114

Welcoming Sites



400+

Dedicated Coaches
and Volunteers



\$174,000

In Scholarships for Girls



Engaging Our Alumni

At Girls on the Run New Jersey East, the impact doesn't end at the 5K finish line. **As we celebrate 25 years** of inspiring joy, health, and confidence, we reflect on the thousands of girls who have crossed our finish lines and carried their confidence, friendships, and life skills into middle school, high school, and beyond. **Our alumni continue to embody these strengths in their schools, families, and communities** — showing up with courage, kindness, and a commitment to growth.



Natalie Kapferer

Having been inspired by her mom/coach as a participant, Natalie returned to GOTR as a Junior Coach — paying that inspiration forward for the next generation.



Harper Telesca

From crossing her GOTR 5K finish line to competing as a varsity runner, Harper carries the confidence she first built in Girls on the Run.



**Hannah Smith
& Addison Diem**

Former participants who later worked at the same school, Addison & Hannah launched a new GOTR team in Plainfield — bringing their shared childhood experience full circle.

If you are a Girls on the Run alum — former participant, coach, staff, or board member — **we invite you to join Beyond the Finish**, the national GOTR Alumni Community of more than 4,500 members. **Scan the QR code to join.**



SCAN ME!



Our Remarkable Coaches



Every lap, every laugh, every moment — our volunteer coaches make it count. Thanks to their generosity, girls across our SIX counties built confidence, friendships, and lasting memories.

Now it's our turn to celebrate them.



Thank you to our **2025** coaches who've reached **10+** seasons of impact!

★ 20-25 SEASONS ★

Sarah Lang

Nykia Wharton

Venessa White

★ 15-19 SEASONS ★

Katie Coughlin

Jennifer Entwistle

Renee Feldman

Maria Gennari

Wendy Keyes

Heidi Lerner

Nadine Mack

Shelly Rzewuski

★ 10-14 SEASONS ★

Allie Backer

Karen DeBernardis

Denise Goncalves

Danielle Matuch

Marsha Worthington

Shannon Zona



Energy Award-Winning Moments

At Girls on the Run **New Jersey East**, 2025 brought moments of recognition that reached far beyond our council. From a local volunteer earning a national award to celebrating our 25th Anniversary Alumni Award honorees, these highlights reflect the heart, leadership and lasting impact of our community.



GOTR International Remarkable Volunteer Award



"In 2023, April reached out to ask how she could bring **Girls on the Run** to her town of Willingboro. Since that time, **April has proven to be super human in her ability to support, connect and engage** to help us grow our program in Burlington County. We now have five teams in Willingboro! April continues to be a dedicated and enthusiastic member of Girls on the Run NJ East's Ambassadors group." - *Suzanne Elliott, Executive Director, Girls on the Run NJ East*

April Maxwell-Henley



25th Anniversary *limitless potential* Alumni Awards



Elizabeth is a 2023 graduate of Newark Academy and a current student at Emory University, where she is a volunteer EMT, a mentor for at-risk youth, and an advocate with Planned Parenthood. She participated in Girls on the Run at Forest Road Park when she was an elementary school student.

Essex/Morris/Union:
Elizabeth Moose

Ava is a 2025 graduate of Princeton High School, where she led the UNICEF club and served as captain of the varsity track team and varsity soccer team. She now attends Princeton University. Ava participated in Girls on the Run for three years at Littlebrook Elementary.



Burlington/Hunterdon/Mercer:
Ava Tabart

limitless potential Alumni Award Review Committee

Sydney Davis, Founder of Girls on the Run NJ East

Caroline Ealy, Girls on the Run program alumna & current coach

Monique Joseph, Parent of Girls on the Run program alumni

Bridget Renzulli, Director of Corporate and Social Responsibility at R. Seelaus & Co.

Carly Slutzky, Former Board member of GOTR NJ East & current coach



Thank You to Our Supporters!

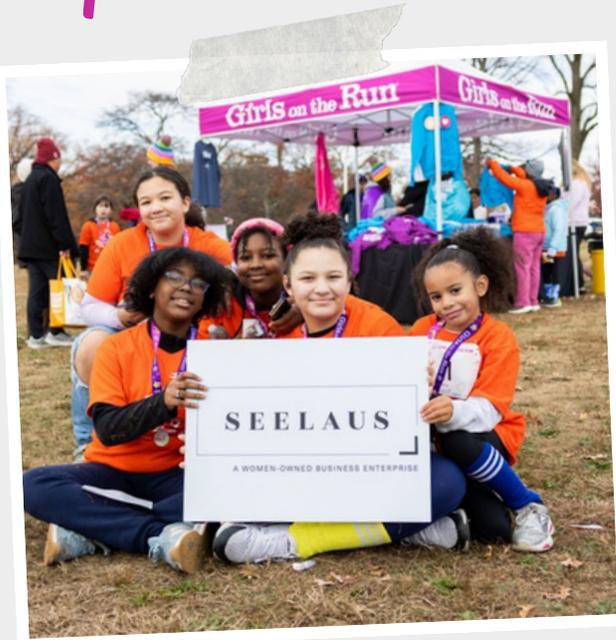


Our partners, corporations, foundations, and donors propel our mission forward.

In 2025, their investments made it possible for over 1,880 girls to activate their limitless potential in **Burlington, Essex, Hunterdon, Mercer, Morris and Union counties** of New Jersey . With them by our side, more girls are confidently and boldly pursuing their dreams.



Featured Partners!



R. Seelaus & Co.

R. Seelaus & Co. is a women-owned, full-service financial service firm that dedicates its volunteer and philanthropic efforts to help women and girls in their community reach their full potential. **Seelaus is Girls on the Run NJ East's longest serving corporate partner.** In 2025, Seelaus supported the participation of 40 girls from Newark and East Orange in Girls on the Run. The Seelaus team also brought their encouragement and enthusiasm to our 5K events with employees running, volunteering on the course, and celebrating our girls at the "Seelaus Spirit Station."

Capital Health is a leading regional health system in Central New Jersey and Lower Bucks County. **In 2025, Capital Health "adopted" two teams in Trenton:** UrbanPromise Trenton during the Spring 2025 season and PJ Hill Elementary School during the Fall 2025 season. In addition, Gloria Almodovar, a Capital Health employee, coached the UrbanPromise Trenton team for two seasons. Capital Health sponsored the new "Hello, Mountain Mover!" curriculum across Mercer County. The team also shared education resources at our 5K events with all of our families and coaches.

Capital Health



Local Sponsors



SEELAUS

A WOMEN-OWNED
BUSINESS ENTERPRISE



Rite Aid Healthy Futures
Devils Youth Foundation
Center Street Capital Advisors
Merck

United Airlines
Fleet Feet Northern NJ
Fleet Feet Princeton
Bloomberg LP

The Morrison & Foerster Foundation

Roundview Capital
Bowman & Co.
Carter Smile
Iron PT
Prassas Consulting
Delta Dental
Fluid Physio
NJM Insurance

Local Foundation Partners



Norma Gilbert Farr Foundation
Princeton Area Community Foundation
Louis Berkowitz Family Foundation
ADP Foundation
Morristown Medical Center
Community Advisory Board
Head Family Charitable Foundation
Overlook Medical Center Community
Advisory Board



Plainfield Foundation
Six Talents Foundation
Overlook Foundation
Blue Foundry Charitable Foundation
Junior League of Summit
Helene Cody Foundation
Westfield Foundation
Westfield Service League



National Partners



Gamma Phi Beta
TRUE AND CONSTANT



Corporate Partners



Foundation Partners



Bill and Sharon Allen
Family Foundation





As a teacher, my passion has always been to help kids grow as people. Coaching Girls on the Run gives me the chance to do that outside the classroom and alongside my own daughters. **I return every season because the program fills me with joy,** and I love watching girls discover their own confidence.

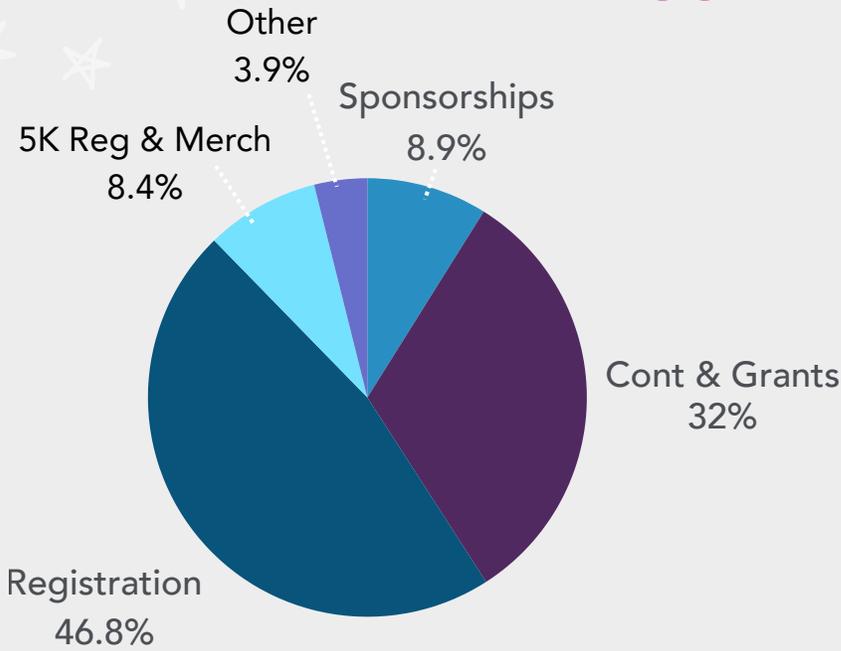
— **“Joyful” Jen**
GOTR parent & coach, Medford

When I have a hard test of something new, I remember that I did something hard before - like running the 5K. So I keep going. My favorite GOTR memory is when our team had a Thanksgiving celebration. It was kind of like having Thanksgiving with your family.

— **“Jolly” Jamayne**
GOTR participant, Trenton



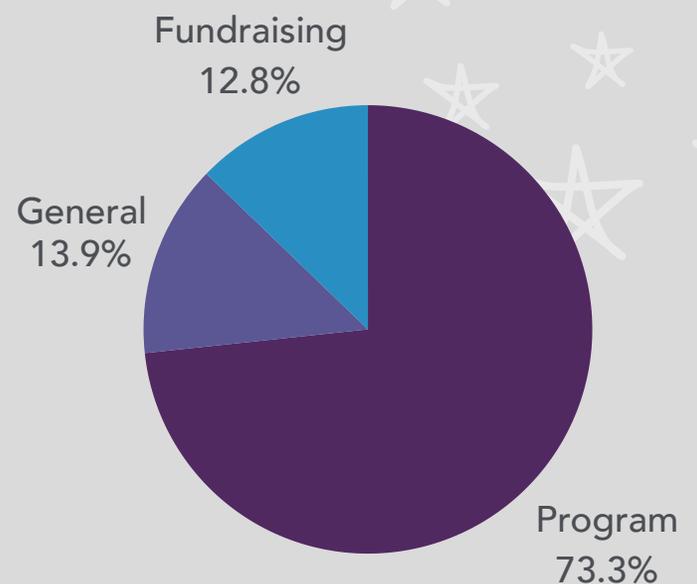
Financials



Support, Revenue and Other Income:	Total
Sponsorships	\$55,466
Contributions and Grants	\$200,839
Program Registration	\$292,506
Merchandise Sales	\$11,402
5K Registration	\$40,920
Other (includes investment gain)	\$24,529

Total Support, Revenue and Other Income:	\$625,662
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Expenses	Total
Program	\$439,011
General and Administrative	\$83,281
Fundraising Costs	\$76,722
Total Expenses	599,014



Change in Net Assets	\$26,648
Net Assets, Beginning of Year	\$601,641
Net Assets, End of Year	\$631,314



Board of Directors

as of 1/1/2026



**Kristen
Cappadona**

President
Pfizer

**Nick
Farr**

Vice
President
P3 Fitness

**Andrea
Diaz**

Treasurer
SKC & Co. CPAs LLC

**Christine
Mauro**

Secretary
Salesforce



**Crytal
Adams**

Newark Vocational
High School

**Jerilyn M.
MacLaren-Hall**

Accenture

**Haima
Marlier**

Morrison &
Foerster LLP

**Meri
Mayes**

Iron Physical
Therapy

**Amber
Szuch**

Morris County
Vocational
School District

**B.
Teed**

Cedar Creek
Behavioral Health



**Nykia
Wharton**

Center Street
Capital Advisors



2025 Ambassadors

Basma Abukwaik
Karen Ayres
Allie Backer
Barbara Baratta
Dara Bellace
Keli Boltz
Maggie Chernelich
Kelly D'Ambola

Jen Ehrlinger
Micah Freeman
Nooshin Golshani
Danielle Matuch
April Maxwell-Henley
Meredith Murray
Kavita Panke
Elizabeth Schwartz

Hillary Saputski
Valentina Shoulette Salmon
Sara Simmons
Leigh Anne Soroka
Cheryl Webster
Melissa Williams
Marsha Worthington
Shannon Zona

GOTR NJ East Staff as of 1/1/2026



Suzanne Elliott

Executive Director

Anne Klein

Program Director

Terri DiMartini-Greenlee

Director of Essex County & Community Engagement

Jane Collins

Union County Director

Keli Boltz

Burlington County Director

Sarah Morrison

Accounting Manager

Kathryn Marsh

Morris County Director

Tyrell Smith

Director of Mercer County & Community Engagement

Julie Felsher

Communications Director

Rielly Karsh

Hunterdon County Director







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