

Over **13,500** girls served since 2015!

Dear Friends & Supporters,

At Girls on the Run Western Mass, our purpose is clear: help girls build confidence, strengthen connections, and practice life skills every day. Thanks to your support, girls are part of a supportive and inclusive space where they can move, reflect, and grow.

This year, our coaches brought research-based lessons to life through engaging activities that get girls moving and thinking. We also expanded our program suite with Hello, Bold Heart! — a curriculum that helps girls tap into their heart power and boldly share their thoughts, ideas, and feelings and help others speak up, too!

In this report, you'll see the impact of your support in every story, every number, and every smiling photo. None of this happens without you. To our coaches, caregivers, donors, partners, community members, and volunteers: thank you for showing up for girls. Your belief in their potential fuels our work and strengthens our community.

With gratitude,

Lisa, Molly, Alison & Coleen

GOTR Western MA Staff



Girls on the Run Western MA 2025 Impact Report



“Girls on the Run is about more than just running. It teaches you how to communicate, be kind to others, and treat people the way you want to be treated.”

GOTR GIRL

Why gotr matters:

53% of U.S. teen girls felt persistently sad or hopeless in 2023, nearly double that of boys.

2023 CDC's Youth Risk Behavior Survey Data Summary & Trends Report

 **92% of participants** said they learned things at Girls on the Run to help them deal with strong emotions.

Only **16%** of girls met the guideline of 60 minutes of physical activity daily.

2022-2023 National Survey of Children's Health

 **98% of caregivers** said AFTER participating in GOTR, their child is physically active.



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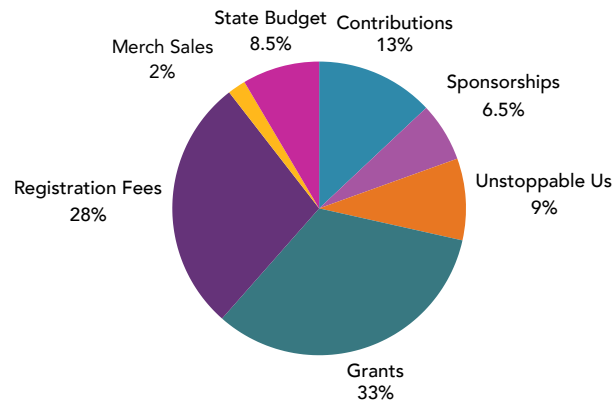
DAZELLA WOODS

Mary M. Walsh Elementary School

*Completed board service in 2025

2025 Financials

Support, Revenue & Other Income	Total
Sponsorships	\$38,817
Individual & Community Contributions	\$76,200
Unstoppable Us - girl fundraising	\$51,643
Grants	\$196,318
Registration Fees	\$164,796
State Funding	\$50,000
Merchandise Sales/Miscellaneous	\$12,912
Total Support, Revenue & Other Income:	\$590,686



Expenses	Total
Program (64%)	\$303,125
General & Administrative (27%)	\$127,881
Fundraising (9%)	\$42,628
Total Expenses:	\$473,634

\$179,000

The total amount of financial aid provided to GOTR participants.



COMMUNITY Impact

“My child was able to find a way to persevere when she thought she couldn't. The uplifting messages and overall positive tone has been great for my child who is going through a lot emotionally. In a world where women's spaces are being infiltrated, I'm so excited that they have spaces like this for our emerging young ladies to feel safe and free among their peers.

— GOTR Parent

“Coaching for Girls on the Run is an opportunity to make a real, lasting impact on young girls at a critical stage in their development. As a coach, you're not just helping them learn to run — you're helping them build confidence, develop healthy relationships, strengthen life skills, and discover their own potential. It's so much fun.

— GOTR Coach



1,910

GIRLS SERVED



92

UNIQUE SITES
71 IN SPRING | 53 IN FALL



535

COACHES



124

COMMUNITY PROJECTS



230

5K VOLUNTEERS



“Girls on the Run teaches you to encourage one another, it pushes you to cross the finish line even when you want to give up, and most importantly that you have girl power.”

- GOTR Girl





Thank You to Our Supporters!



Girls on the Run is made possible through the generosity of supporters like you. Whether you are volunteering your time, providing operational dollars or in-kind resources, or simply encouraging others to learn more about this life-changing program, **you are ensuring that girls are equipped with the self-confidence and concrete skills to bring their full and amazing selves to the world!** That spark of confidence ignites their future and spreads to their families, their schools, and their communities. Thank you for being part of the Girls on the Run movement!



NATIONAL PARTNERS



LOCAL PARTNERS



- GIRL POWER SPONSORS:** Scout Curated Wears, The Jamrog Group, Liberty Bank, Specialty Bolt & Screw
- LIMITLESS POTENTIAL SPONSORS:** Beacon Pointe Advisors, Beast Coast Trail Running, Big Y, Family Friends of GOTR, Katarina Boskovic Memorial Fund. Marisa Labozzetta & Martin Wohl PeoplesBank, Salmon Studios
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- FOUNDATION PARTNERS:** Amelia Peabody Foundation, Beveridge Family Foundation, The Irene E. & George A. Davis Foundation, Kate Risley Foundation, Women’s Foundation of Massachusetts