



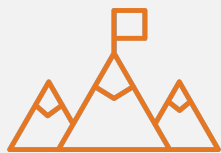
Girls on the Run of the Greater Chesapeake

St. Mary's county health department
July 2025





Who We Are



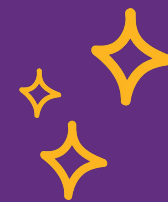
Mission

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



Vision

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



What We Do



programs

We offer two unique programs to girls in third to eighth grades: **Girls on the Run**, and **Heart & Sole**.



Coaches

Our life skills curriculum is delivered by **caring** and **qualified** coaches who are **trained** to build meaningful relationships, promote a mastery climate focused on personal improvement, and create a positive space where every participant feels free to be themselves.



Physical activity

We celebrate the joy of movement! Our programs use physical activities as a platform for teaching **life skills** and **promoting holistic health outcomes** for girls.

Why It Matters



Studies show that third through eighth grade is a critical period for girls. Their self-confidence begins to drop by **age 9**, and **50% of girls ages 10 to 13 experience bullying**.



Nearly three in five (57%) of U.S. teen girls felt persistently sad or hopeless in 2021 – double that of boys and representing a nearly 60% increase and the highest level reported over the past decade (up from 36% in 2011).



An independent study found that the combination of the Girls on the Run research-based curriculum, delivered by highly trained coaches, positively impact girls' lives by helping them **increase their self-confidence, develop healthy relationships and feel good about themselves**.





A National Movement

With a network of 165+ other councils serving **the US and Canada**, Girls on the Run engages and develops strong female leaders from coast to coast.

Girls on the Run of the Greater Chesapeake is a local nonprofit (501c3) delivering programming our region.



Local Nonprofit with Widespread Impact

Celebrating 20 years

Serves: Anne Arundel, Baltimore (City and County), Calvert, Charles, Wicomico, Worcester, St. Mary's, Somerset, Dorchester, Talbot, Kent, Queen Anne's and Caroline counties

25,000 girls positively impacted since the founding

Over 450 volunteers a year



What Sets Us Apart

- Girls on the Run is the **only** national physical activity-based positive youth development (PA-PYD) **program for girls with compelling evidence of impact.**
- It is our combination of **research-based curriculum, trained coaches**, and a **commitment to serving all girls** that sets us apart as an exemplar PA-PYD program.
- Named one of the **Most Influential in Health and Wellness** by the National Afterschool Association.
- Named a **Top 25 research-based program** by **Harvard University** researchers and featured as a "Bright Spot" organization in the **National Youth Sports Strategy**.
- Our program offers multiple ways to participate based on local community needs.

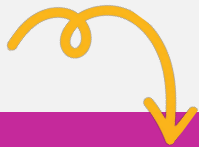


Our Impact

An independent study found Girls on the Run participants were **significantly more likely** than girls in physical education or organized sports programs to **learn and use life skills** including:



Learn more



www.gotrchesapeake.org



Program Offerings



Grades 3-5

10-week program offered
before or after school

- Girls learn specific skills and strategies such as how to manage emotions, help others, make intentional decisions, and resolve conflict.
- Girls are inspired to make a meaningful contribution to society through the development of a community service project.
- Program ends with a celebratory, non-competitive 5K.



Grades 6-8

10-week program offered
before or after school

- Girls learn about themselves, explore new ideas, cultivate empathy, and develop life skills that will help them through adolescence and beyond.
- Addresses the whole girl — body, brain, heart, spirit and social connection while meeting the unique needs of this age group.
- Program ends with a celebratory, non-competitive 5K.

Community Impact Projects



This experience demonstrates to girls the unimaginable strength that comes from helping others.



In FY25, teams completed over 100 Community Impact Projects in Maryland across the Greater Chesapeake region.

- Winter Coat Drive
- Cards for Veterans
- Collection for local animal shelters
- Creating uplifting messages and cards for the children's hospital and more...

I Love You ♥

you were such
a great, amazing,
awesome coach
for girls on the run

I really enjoyed seeing
you tuesdays & thursdays.
Everytime i think of G10TR
i think of you and how
awesome you were. I really
learned alot from G10TR and
I thank you for that. Everytime
i think that there is a hard test
i tell my self that i can do
and. I started talking to
my cousin about G10TR because
she is going through some issues.

I have a positive
attitude everyday, and i always
smile. I stand up for people ~~and~~ in
my class if somebody feels
like they hate there self i talk to
them and tell them that they are
so beautiful and they deserve to
be in this world. -♥-



Accessible to All

Over
\$300,000

in financial assistance
provided last year

70%

of girls received
financial assistance to
ensure program
access



Girls on the Run of the Greater Chesapeake 5K

At the end of each season, participants complete a 5K, **giving the girls a sense of achievement and a framework for setting life goals.** It's an inspiring celebration with friends, family, and community!





Thank you!

