

Together, we all grow & thrive



At Girls on the Run, every girl receives what she needs to grow and thrive: a safe environment where she can nurture her emotional health, create fun connections with friends, engage with caring mentor coaches, and develop tools to recognize her potential and reach her dreams! As GOTR Girl Naomie said recently,

"GIRLS ON THE RUN TAUGHT ME HOW TO BE KIND AND HOW TO MAKE NEW FRIENDS WITH MY ADHD."

Thanks to you, Girls on the Run Capital Region is growing and thriving. It's a joy to share that during the 2023 season,

- 560 girls grew joyful, healthy, and confident
- 43 schools and community sites held Girls on the Run programming
- 2 5K events brought the community together
- Over \$58,000 in scholarships enabled more girls to participate



S
Sarah Smith Syden
Executive Director



Abby
Abby Ingraham
Board Chair



OUR *reason* WHY

66 I liked how Girls on the Run taught me to be me."
Emma, 5th grade

66 GOTR gave me more confidence and made me want to do more things."
Lena, 4th grade

66 I love that the program makes activities fun by putting running into the activity!"
Gracie, 3rd grade



2023 FINANCIALS

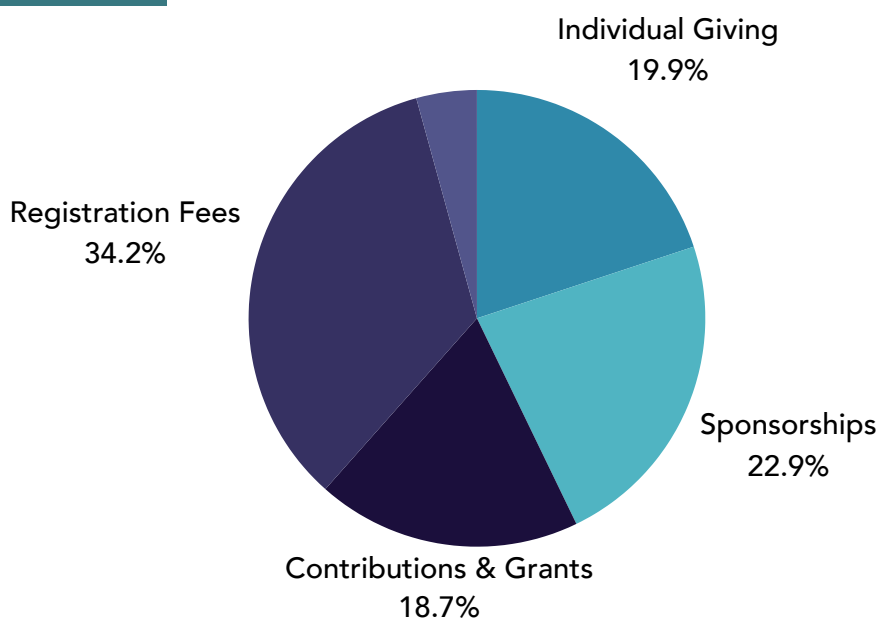


Support, Revenue & Other Income	Total
Sponsorships	\$49,713
Individual Giving	\$43,314
Contributions & Grants	\$40,909
Registration Fees	\$74,718
Merchandise Sales/Miscellaneous	\$9,290

Total Support, Revenue & Other Income: \$217,944

Expenses	Total
Program (72.7%)	\$152,434
General & Administrative (13.9%)	\$29,237
Fundraising (13.4%)	\$28,036
Total Expenses:	\$209,707

 ***In-kind Sponsor Donations: \$7,247**



BOARD OF *directors*

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Board Member



2023 IMPACT

IMPACT *points*

560

Girls served

\$58,000

Total in financial aid
scholarships given

43

Total teams

149

Coaches

206

5K volunteers

CHEERS *to 10 years!*

Girls on the Run Capital Region is turning 10! Over the past decade, **2,903 girls** have crossed the finish line with us, fostering their growth, confidence, and health through our programming.

In this decade of service, we have proudly provided over **40% of participants with scholarships each season**, ensuring that no girl is left behind due to financial barriers. Each stride taken, every goal achieved, and all the laughter shared, have been possible because of the generous support of sponsors and donors like you.

We look forward to the future with optimism, knowing that with the continued support of our community, we can keep making strides toward a world where **every girl knows and activates her limitless potential!**



Grateful for you, *partners*

Every girl served this past season was uniquely impacted by your generosity. With your continued support, you'll help more girls access life-changing programming. Families will gain the opportunity to register their girl for Girls on the Run, giving her the gift of confidence and the chance to achieve her dreams.

NATIONAL PARTNERS

ADIDAS | GAMMA PHI BETA | RITE AID FOUNDATION
THIRTY-ONE | CARIBOU COFFEE | BAND

LOCAL PARTNERS

Thank you

to our 2023 partners!

Finish Line Sponsor:



Pace Setter Sponsors:



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In-Kind Sponsors:

