



Over 200 sites... 600,000 girls and counting.

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.

So what does Girls on the Run do?

One girl put it this way, "I learned that I am the boss of my brain." We inspire girls to know and activate their limitless potential and to boldly pursue their dreams. **No limits. No constraints. Only opportunities to be remarkable.**

How do we do it?

We use a fun, experience-based curriculum which creatively integrates running to inspire girls to be joyful, healthy and confident. The games and activities first help 3rd through 8th grade girls get a better understanding of who they are and what's important to them. Then we look at the role of teams and healthy relationships. And, finally, we explore how girls can positively connect with and shape the world. And remember, we believe that life-changing experiences can be fun too—for everyone—the girls, coaches, families and other volunteers. Don't be surprised when you hear laughter along with self-reflection, and see beaming smiles across the radiant faces of our girls.

Me + Relationships + Community

Meeting twice a week in small teams of girls, we teach life skills through dynamic, conversation-based lessons and running games. The 20-24 lesson curriculum is delivered by certified Girls on the Run coaches and includes three parts: understanding ourselves, valuing teamwork and understanding how we connect with and shape the world at large.

Power through Service

Acknowledging that accomplishment has many flavors, each team creates and executes a local community service project. This experience demonstrates to girls the unimaginable strength that comes from helping others.

Up and Running

At Girls on the Run, running is not just a metaphor. We use this activity to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment. At each season's conclusion, the girls and their adult running buddies, complete a 5k running event. In some cities this is

a huge community-wide event and in others, it's an intimate and inspiring gathering of friends and family. The results are the same - making the seemingly impossible, possible. **Simple, engaging and extraordinary. The result? Healthy, confident girls who can.**

Demographics:

- Girls on the Run program: girls in 3rd - 5th grade and their families
- Girls on Track program: girls in 6th - 8th grade and their families
- Adult program facilitators, coaches, running buddies and volunteers serve as positive role models for the girls

Program Design:

- Our 20-24 lesson curriculums teach life skills through group processing, running games and workouts. The three-part curriculum is taught by certified Girls on the Run coaches and includes understanding ourselves, valuing teamwork and understanding how we connect with and shape the world at large.
- Girls design and conduct a community service project
- At each season's conclusion, the girls complete a 5k running event as a group

Measurable Results:

- Evidence-based evaluation of the program shows a statistically significant improvement in body image, eating attitudes and self-esteem
- Research also indicates an improved sense of identity and an increasingly active lifestyle for program participants.

Girls on the Run of Fond du Lac

Local Partnerships:

Girls on the Run of Fond du Lac is proud to partner with the Fond du Lac School District, Boys & Girls Club of Fond du Lac, Fond du Lac Family YMCA, Fond du Lac Recreation Department, and the Women's Fund of the Fond du Lac Area Foundation.

Girls on the Run of Fond du Lac Steering Committee:

- Kim Blick (*Council Director and Certified GOTR Coach Trainer*) - Elementary School Counselor Fond du Lac School District
- Marian Sheridan - Health and Safety Administrator Fond du Lac School District
- Karissa Schneider - Director of Operations Boys & Girls Club of Fond du Lac
- Renee Wagner - Recreation/Aquatics Supervisor Fond du Lac Recreation Department
- Maureen Way - Teacher Fond du Lac School District
- JJ Raflik - Senior Program Director Fond du Lac Family YMCA
- Lacey Sadoff - VP Corporate Development and Sadoff Family Foundation Representative
- Kristi Serwe - Elementary School Counselor Fond du Lac School District
- Shane Smith - St. Mary Springs Cross Country and Track Coach
- Sharon Simon - Director of Human Resources Fond du Lac School District
- Kya Schnettler - Community Wellness Coordinator
- Kristine Butzine - Recreation Programmer Fond du Lac Recreation Department
- Traci Freiberg - Nurse Practitioner Aurora Health Care and Parent Representative

The Growth of Girls on the Run of Fond du Lac:

- Three Girls on the Run of Fond du Lac representatives attend the national Girls on the Run training in Charlotte, North Carolina in April 2012
- First Steering Committee meeting held in April 2012
- Pilot team of 9 girls from Riverside begins in September 2012
- First Girls on the Run of Fond du Lac 5k Event is held in November 2012 (30 participants)
- Teams of 15 girls are formed at Chegwin, Pier, and the Boys & Girls Club/YMCA in March 2013
- Second Girls on the Run of Fond du Lac 5k Event is held in May 2013 (100 participants)

Website and Social Media: Visit the Girls on the Run of Fond du Lac website at www.girlsontherunfdl.org and our Facebook page at <https://www.facebook.com/girlsontherunfdl>

Girls on the Run International

Council Locations:

Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin and Canada.

National Recognition for Girls on the Run:

Featured on CNN, NBC, ESPN, MSNBC, ABC News, NBC News and in the following national publications: Self, Marie Claire, Women's Day, Redbook, Women's Running, Shape, O Magazine, People, Better Homes & Gardens, Glamour, Runner's World, Fitness, Cooking Light, Parent, American Girl, Southern Living, and extensive local media throughout the United States.

National Partners:

Girls on the Run is proud to partner with Athleta, Secret deodorant, Goody hair products, Garmin and Gamma Phi Beta Sorority. Our national partners are vital to advancing the mission of our organization. We also rely on grants, individual donations and fees.

The Growth of Girls on the Run International:

- Founded in 1996 in Charlotte, North Carolina
- From 3 councils in 1998 to 208 councils in 47 states and Canada in 2013
- From 200 participants in 1998 to nearly 130,000 in 2012
- From 1 site in 1996 to over 6,000 sites in 2012
- More than 55,000 volunteers deliver the program
- 40% of program participants received scholarship funding in 2011
- **253 Girls on the Run 5K events with more than 214,000 participants in 2012**

Website and Social Media: Visit the Girls on the Run International website at www.girlsontherun.org and their Facebook page at www.facebook.com/girls.on.the.run.international

Ways You Can Get Involved

Start a new Girls on the Run of Fond du Lac site!

Volunteer as a Coach! Time commitment: 2 hours, twice weekly for 12 weeks.

Volunteer to be a Running Buddy and run with a GOTR girl at her 5K race!

Volunteer to help out at our next 5k event. 5K volunteer opportunities include:

- Snack station
- Water station
- Hair styling (making the girls feel extra special on race day)
- Face painting
- Course marshals

Sponsor a girl or even an entire team!

Donate items for our “coach boxes.” Supplies needed includes: Paper, pencils, markers, stickers, envelopes, blank labels, notecards, yarn, bottled water, and packaged snacks for practices

Be creative... We are always looking for exciting new ways to raise funds, market the program, and reach a greater number of girls in our community!

For more information please contact:

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