



Donor Information

Girls on the Run® of Montgomery County is a non-profit educational program that uses training for a celebration 5K fun run as a means to teach essential life skills to 3rd through 8th grade girls. Over a period of nine weeks, 15 girls meet with trained coaches twice a week for fun, structured workouts and life lessons. The lessons are designed to provide girls with a real life environment to learn perseverance, cooperation, self-discipline and goal setting.

One of the goals of Girls on the Run® is to empower girls early in their lives to find strength, courage and self-respect from within and to draw upon it as they face the challenges of adolescence and adulthood. Throughout the program, girls train and prepare for a 5K fun run that is designed to motivate and encourage them to believe in themselves.

This past season we served 338 girls at 19 locations with over 60 volunteer coaches. We were able to provide full and partial scholarships to 15% of our participants. **Our goal is to expand and reach as many girls as possible in Montgomery County regardless of their family's ability to pay.** We are only able to do this with the help of generous donations.

Your contribution will provide additional support so that we may provide access for all girls who wish to participate in Girls on the Run® of Montgomery County.

www.girlsontherunofmoco.org local GOTR website

www.girlsontherun.org National GOTR website

Contribute to Girls on the Run of Montgomery County

Girls on the Run of Montgomery County is a 501(c)(3) non-profit organization. To support our mission please consider making a [donation](#) or inquiring about [corporate sponsorship](#).

Why contribute?

Some Sad Facts For Today's Girls:

- Three million young Americans seriously considered suicide in 2000 and of those, over 1 million actually tried to kill themselves.
- Girls were twice as likely as boys to report contemplating suicide.
- Body dissatisfaction and dietary restraint are predictors of depression in girls.
- Almost two-thirds of girls in 5th-12th grades are dissatisfied with their body shape and want to lose weight.
- Girls as young as five form negative self-images based on their weight.
- Among girls, an emphasis on popularity and slimness along with increased television viewing are linked to low self-esteem.

If You Want To Help Change That, Here Is Some Good News:

- Girls who participate in physical activities are 40% less likely to smoke, have higher levels of self-esteem, better body images, and lower levels of depression.
- Girls who have experienced emotional trauma respond positively to physical fitness programs.
- Girls who participate in physical activities are less likely to engage in risky sexual behavior during adolescence.
- Girls who participate in physical exercise have better relationships with parents, get better grades, are less likely to use drugs and are less depressed than girls who don't.

And The Best News? If She's Involved With Girls On The Run:

- she has higher self-esteem; **
- she has improved eating attitudes; **
- she has an improved body image; ** and
- she has a positive peer group and positive role models for her future.

**According to research conducted by Dr. Rita DeBate, Ph.D., MPH, CHES, assistant professor in the department of Health Behavior at UNC-Charlotte, the Girls on the Run Curricula improve girls self-esteem, body image and eating attitudes to a "statistically significant" extent.

Your contribution will help:

- Continue expansion of the Girls on the Run throughout our community;
- Provide financial assistance so no girl will be turned away due to financial need.