

Girls on the Run of Central Illinois



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Executive Director

Jennifer Sublett

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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.

How to Help

Donate: Your donation allows us to help more girls in central Illinois to learn their limitless potential. Donations provide scholarships so that every girl can participate in our 10-week program.

Volunteer: We have a number of volunteer opportunities at GOTR. You can volunteer at our spring or fall 5K, become a practice partner or coach, join a committee to help us plan our events, or become a board member.



Girls on the Run drives transformative, sustained change in the lives of third to eighth grade girls using an intentional curriculum that integrates physical activity. Our trained coaches teach girls critical life skills and strategies they can apply to all aspects of their lives.

The 20-lesson curriculum includes three parts: understanding ourselves, valuing relationships and teamwork, and understanding how we connect with and shape the world at large.

Running is used to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment. At each season's conclusion, the girls complete a 5K. Completing a 5K gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals. The result: making the seemingly impossible, possible and teaching girls that they can.

WHY GIRLS ON THE RUN MATTERS

Today, girls face social pressures and conflicting messages about how they should act and who they should be. Studies show that by adolescence, girls' confidence drops about twice as much as boys'. Girls on the Run helps empower them to be the author of their own story and define the future on their terms.

BRING GIRLS ON THE RUN TO YOUR LOCATION!

Call or email us today and we can work with your school principal or site director to start your GOTR team.

IT'S FUN. IT'S EFFECTIVE.

- Girls who were the least active at the start of the program increased their physical activity by more than forty percent.
- Ninety-seven percent of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions.
- Girls on the Run made a stronger impact on teaching life skills than other organized sports and physical education.

Upcoming Events

GOTR Spring 5K

May 19, 2018

Our spring 5K will be held at 10am to celebrate the end of our spring 2018 GOTR 10-week program. Girls, family, friends and the community are invited to participate in our non-competitive 5K at Lincoln Land Community College in Springfield. More information at gotrcentralillinois.org/5k-event.

Dueling Pianos

September 22, 2018

Join us from 8 to 10:30pm at Firefighters Postal Lake Club in Springfield, IL for an evening of music, food and drinks, and fun as we raise funds for Girls on the Run of Central Illinois.