



Girls on the Run is indeed changing lives- not only the lives of the girls in the program, but their families, their future families, our volunteers, and our staff members' lives as well! Contact us today to learn about how you can shape the lives of girls in our community.



**GOTRNJN**

Serving Sussex, Bergen, Hudson, and Passaic counties

P.O. Box 195  
Sparta, NJ 07871

[info@gotrjn.org](mailto:info@gotrjn.org)

[gotrnjn.org](http://gotrnjn.org)



**Girls on the Run New Jersey North**

Serving Sussex, Bergen, Hudson, and Passaic counties

**"The only requirement  
of having a dream,  
is believing in it."**

-Molly Barker

[gotrnjn.org](http://gotrnjn.org)

# Our History

**Girls on the Run** was established in 1996 in North Carolina, by Molly Barker. Currently, Girls on the Run programs are offered in over 188 cities across North America. A quarter million girls have participated since the program's inception. As the organization has grown, Girls on the Run has been featured in many media outlets including Shape, People, Runners World, CNN and ABC just to name a few. National sponsors include Athleta, Secret and Goody hair products.

# Program Structure

Girls on the run is an after school program that uses the power of running to help **prepare girls for a lifetime of self-respect and healthy living.** Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls. The program focuses on building self-esteem and improving emotional and physical health. During the 12 week program, girls are empowered with a greater self-awareness, a sense of achievement and a foundation in team building to help them become strong, content and self-confident young women. Lessons include: **dealing with body image and media, resisting peer pressure, making healthy decisions, and contributing to the community.** Along the way, the girls train to walk or run in a 5k (3.1 mile) event TOGETHER!



# Our Vision

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

# Our Mission

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

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