



Girls on the Run Greater Houston (GOTRGH) is non-profit after school program dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Meeting twice a week in small teams of 8-15 girls, we teach life skills through dynamic, interactive lessons and running games. The curriculum is taught by certified Girls on the Run coaches and 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. Important social, emotional, psychological, and physical skills and abilities are developed and reinforced throughout the program. At each season's conclusion, the girls and their running buddies complete a 5k running event which gives them 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.

**An independent study showed 97% of Girls on the Run participants learned critical life skills including resolving conflict, helping others and intentional decision-making. [Learn more about our impact here.](#)**

**Girls on the Run was recently included in a guide of Top Research-Based Social Emotional Learning (SEL) Programs by a Harvard University/Wallace Foundation study, as well as recognized as one of the National Afterschool Association's 2017 Most Influential in Health and Wellness after school programs.**

If you would like to learn more about this wonderful program or to bring the program to your campus please contact Jamie Karns, Program Manager, at [Jamie@gotrgreaterhouston.org](mailto:Jamie@gotrgreaterhouston.org) or 608-290-6178. Check out our website at [www.gotrgreaterhouston.org](http://www.gotrgreaterhouston.org). We are accepting site applications through August 1<sup>st</sup> for our fall season.