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Girls on the Run

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Girls on the Run was established in 1996 in Charlotte, North Carolina by 13 brave girls who wanted to make a chance in this man dominated world. In 2000, Girls on the Run International, a 501(c)3 organization, was born. What started with one school has grown to over 200 councils in all 50 states and the District of Columbia. With the help of over 100,000 volunteers, Girls on the Run served over 185,000 girls in 2015, including its one millionth girl! In the same year, Girls on the Run hosted more than 350 end-of-season 5K events across the United States, making the Girls on the Run 5K series the largest in the country.

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

Vision = They envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams through empowerment, responsibility, intentionality, diversity, connectedness, joy, optimism, gratitude, nurturing, healthy, open-hearted, and compassion.

Girls on the Run addresses many different social issues. The biggest ones would be poverty and education. They provide a safe haven and teaching program for young girls who do not have people to turn to or people that care about them. These girls get bullied and mistreated at home and at school. Girls on the Run teaches them how to brave and kind and strong. Girls on the Run is so unique because it also teaches these girls how to stay active. is a big believer and supporter of the Girls on the Run mission to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. She wishes that they could reach every young girl in the world who struggles with these social issues. They need money and more volunteers to help grow their organization and reach as many girls as possible.

I know that I cannot change the world spending these last 2 weeks with these girls but I truly believe I have helped these girls and my community in a positive way. I got to encourage girls, laugh with girls, listen to their problems and show them that there is someone in this world who truly cares for them and wants the best for them. This 100% connects with my future because I want to be a kindergarten teacher. I strive to be the kind of teacher that goes above and behind to be there for her students. This has impacted me in so many ways. These girls go through things that someone could not even imagine. The strength and courage they have shown me has inspired me. I am so grateful to Gamma Phi Beta for bring Girls on the Run into my life. If I can just help one girl a tenth of a percent, it will be worth. Giving back already feels so incredible but when you really believe in what you are doing, you feel like you can really change the world.

What I loved the most about Girls on the Run was their core values. To recognize our power and responsibility to be intentional in our decision making, embrace our differences and find strength in our connectedness, express joy, optimism and gratitude through our words, thoughts and actions, nurture our physical, emotional and spiritual health, lead with an open heart and assume positive intent, and stand up for ourselves and others.