



**We believe that every girl
can embrace who she is,
can define who she wants to be,
can rise to any challenge,
can change the world.
Can.**

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.

Empowerment, Responsibility, Intentionality, Diversity, Connectedness, Joy, Optimism, Gratitude, Nurturing, Healthy, Open-hearted, Compassion

Girls on the Run honors its core values. We strive 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 Stand up for ourselves and others
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