



GIRLS ON THE RUN SOUTHERN IDAHO 2023 Final Report

Girls on the Run Blaine County Program

Grant Amount: \$9,700

Grant Program in Review

This Spring 2024 season we are thrilled to share that we have returned to our pre-covid program numbers serving 60 girls in 3rd-8th grade at 5 different program sites in the Wood River Valley and 8 total sites over the grant year serving 90 girls. It has been a steady climb over the last two years and we are proud of reaching this milestone. We are even more proud of the girls in our program and the growth that they are showing and the compassion that they have for their team. Girls are learning to go their "Happy Paace" when they move, at school, and in life. Your happy pace is a pace that is comfortable to you and one that you can sustain for a longer period of time. Often at practice, I hear girls reminding one another to go at their happy pace when encouraging one another.

Objectives & Outcomes

We proposed to maintain or grow our program numbers during the Fall 2023 and Spring 2024 seasons from the previous year. We are happy to share that we have increased girls served and have returned to our Spring 2019 (pre-COVID) numbers, serving over 90 girls in this grant period. Our trends show a larger Spring season than Fall consistently. We accomplished this goal with the support of 23 trained volunteer coaches, 57% of whom were return coaches. We are honored to have 10 new coaches join us this year. All of our coaches have shared positive feedback on the curriculum and valuable program experience for the girls. As one coach shared, "I am truly grateful for the opportunity to serve as a coach for these girls. The curriculum is amazing. The girls are engaged, interested, and eager to participate in everything we do. The parents are so supportive and appreciative. GOTR is truly an amazing organization that is making a difference in our community." Lastly, our survey results show that we made a statistically significant improvement for participants on the 5C's + 1 (confidence, character, care, connections, competence, and contribution) and physical activity indicators.



Our snowy Fall 5K, Alturas team ready to run!



Our Carey team after completing their practice 5K! Teams do a practice 5K during the season so when the season-ending 5K comes, they already know that they can do it.

Budget

Expenses	Amount Requested from WRWF	Actual Expenditures
Administration	\$4,000	\$4,000
Background Checks/CPR Cert.	\$50	\$150
Curriculum/ Program Supply	\$1,400	\$1,400
Licensing	\$1,700	\$1,700
Occupancy	\$800	\$800
Print/Copying/Postage	\$600	\$500
Volunteer Appreciation	\$500	\$500
5k expenses	\$650	\$650