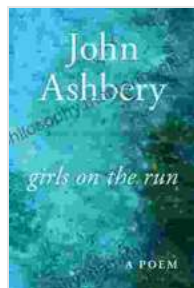


Girls on the Run: Empowering Girls to Reach Their Full Potential



Girls on the Run: A Poem by John Ashbery

★★★★☆ 4.8 out of 5

Language : English
File size : 2974 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 96 pages
Lending : Enabled





Girls on the Run is a nonprofit organization that inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

The organization was founded in 1996 by Molly Barker, a former track and field coach who saw a need for a program that would help girls develop their physical, emotional, and social skills. Girls on the Run has since

grown to become one of the leading youth development programs in the United States, with over 200,000 girls participating in programs in over 2,000 schools and communities across the country.

The Girls on the Run curriculum is designed to help girls develop a positive self-image, build healthy relationships, and make good decisions. The program also teaches girls about the importance of physical activity and nutrition.

Girls on the Run programs are led by trained volunteer coaches who are committed to helping girls reach their full potential. These coaches provide a positive and supportive environment where girls can learn and grow.

The Girls on the Run program has been shown to have a number of benefits for girls, including:

- Increased self-esteem
- Improved body image
- Increased physical activity
- Improved nutrition
- Reduced risk of depression and anxiety
- Improved decision-making skills
- Increased leadership skills
- Increased community involvement

The Girls on the Run program is a powerful tool for helping girls reach their full potential. The program provides girls with the skills and support they

need to be successful in school, in their personal lives, and in the community.

The Girls on the Run Poem

The Girls on the Run poem is a powerful and inspiring reminder of the organization's mission to empower girls. The poem was written by Molly Barker, the founder of Girls on the Run, and it is read at every Girls on the Run event.

The poem begins with the line, "I am a girl on the run, and I am strong." This line sets the tone for the rest of the poem, which celebrates the strength, courage, and determination of girls.

The poem goes on to describe the many benefits of the Girls on the Run program. It talks about how the program helps girls develop their self-esteem, build healthy relationships, and make good decisions.

The poem also emphasizes the importance of physical activity and nutrition for girls. It talks about how the Girls on the Run program helps girls learn about the importance of eating healthy foods and getting regular exercise.

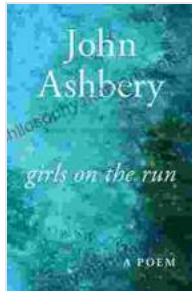
The Girls on the Run poem is a beautiful and inspiring tribute to the power of girls. It is a reminder that girls are capable of anything they set their minds to, and that the Girls on the Run program is here to help them reach their full potential.

How to Get Involved

There are many ways to get involved with Girls on the Run. You can volunteer as a coach, donate to the organization, or start a Girls on the Run

team at your school or community center.

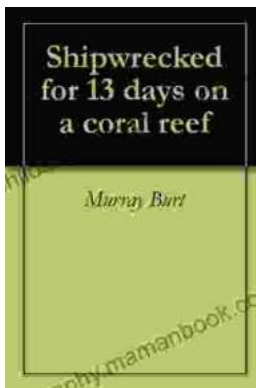
To learn more about Girls on the Run, visit the organization's website at www.girlsontherun.org.



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