



SOUTH GEORGIA COASTAL
LOWCOUNTRY

DONATE

GET INVOLVED



WHERE GIRLS GROW STRONG.



We're empowering change across South Georgia, Coastal Georgia, and Low Country South Carolina — one girl at a time.

DOWNLOAD THE REPORT

10
Years

44
Counties

77
Sites

3800
Girls



Girls on the Run is changing lives.

Empowering girls to build confidence, resilience, and healthy habits that last a lifetime.

[Learn More](#)

Our programs are empowering girls.

Programs develop confidence, resilience, and strong decision-making skills through programs that combine physical activity with lessons in self-esteem, teamwork, and goal setting.

[Support Us](#)



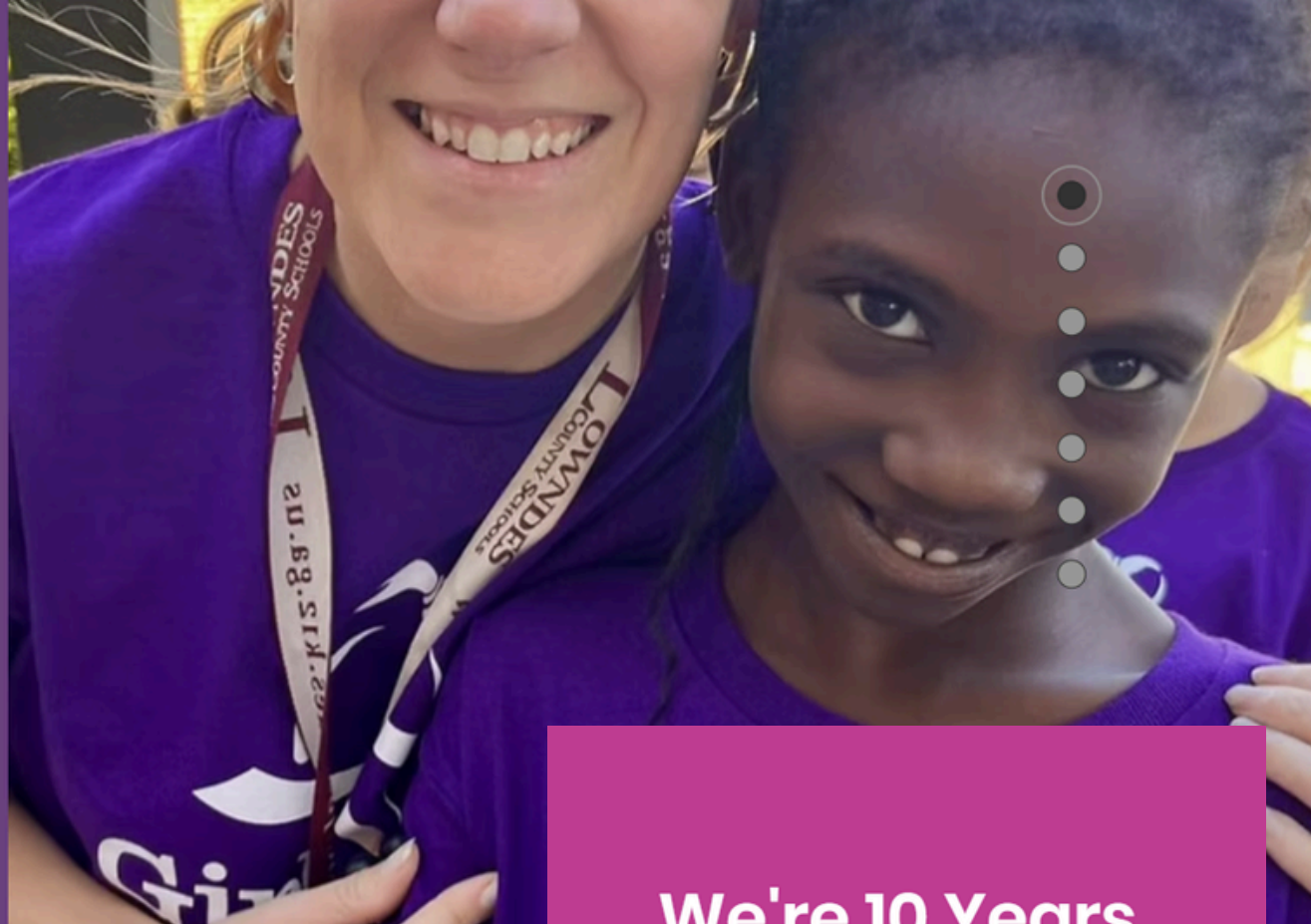
IT'S MORE THAN A RUNNING GROUP.

Through engaging lessons, physical activity, and supportive mentorship, the program equips girls with the tools they need to navigate challenges, build positive relationships, and believe in themselves.

Get to Know Us

Whether by enrolling a girl in the program, volunteering as a coach or mentor, or supporting the mission as a donor, every role helps inspire confidence, build healthy habits, and create brighter futures for girls in our community.

[Our Team](#)

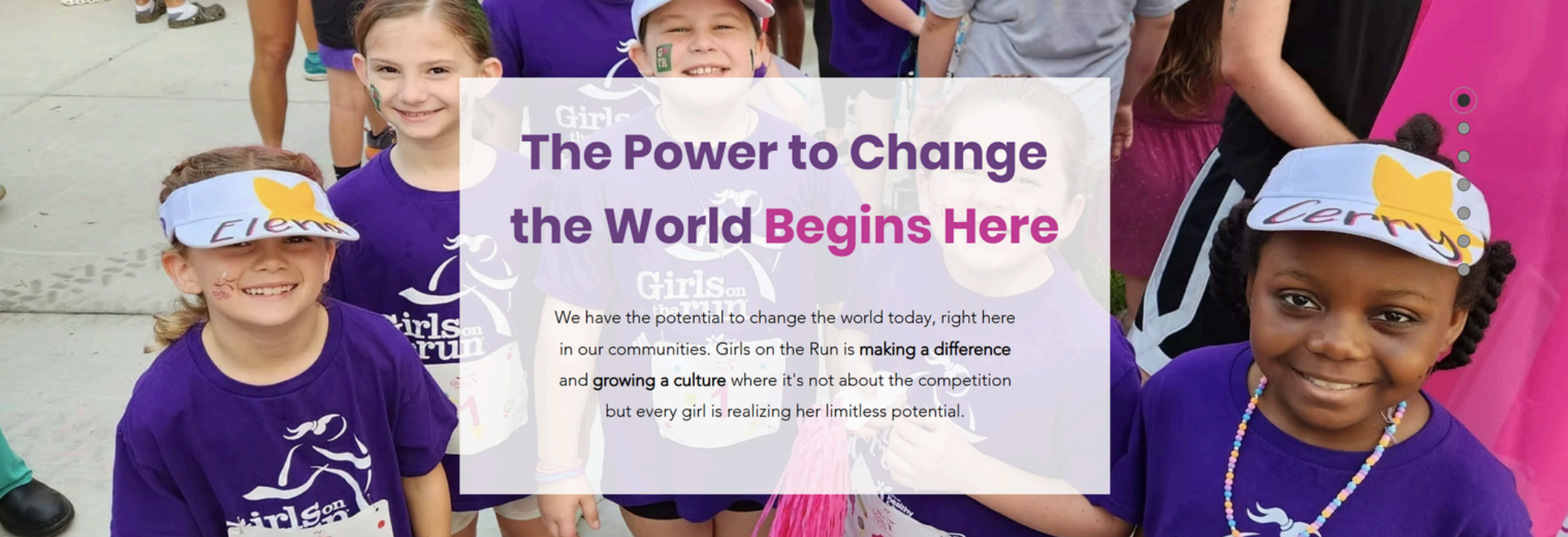


We're 10 Years Strong!

What began as a small effort to empower young girls has evolved into a regional program that is helping hundreds of participants build confidence, develop healthy habits, and realize their potential.

GIRLS ON THE RUN: EMPOWERING CHANGE FROM THE GROUND UP

[DOWNLOAD THE STUDY](#)



The Power to Change the World Begins Here

We have the potential to change the world today, right here in our communities. Girls on the Run is **making a difference** and **growing a culture** where it's not about the competition but every girl is realizing her limitless potential.

THE STARTING LINE

As Girls on the Run International celebrates three decades of impact, the organization reflects on a remarkable journey that began with a single team and a bold idea.

Today, it has grown into a national movement that has empowered more than 2.7 million girls to recognize their strengths, trust their voice, and thrive in school, at home, and in their communities. Guided by its mission to inspire girls to be joyful, healthy, and confident,

Girls on the Run uses a research- and science-based curriculum that blends physical activity with life skills development. This proven approach helps girls build confidence, strengthen relationships, and develop the tools they need to navigate challenges and reach their full potential.

5C's + 1

Girls on the Run empowers girls in third through eighth grades to become joyful, healthy, and confident. Trained coaches guide the girls through Girls on the Run's 5 C's + 1 model: confidence, care, character, connections, competence, and contribution.



Competence



Confidence



Care



Character



Contribution

Each lesson is intentional, and all the Girls on the Run sites use the same, evidence-based, proven training curriculum. Participants start with a healthy snack and then learn a skill or technique, like taking a moment before responding to a negative situation. Through a team-based project, girls collaborate to identify a community need, develop a solution, and carry out a project that creates a positive impact in their community.



THE FINISH LINE

The GOTR 5K is a culmination of lessons learned throughout the season.

At the end of each fall and spring season, girls participate in a celebratory, non-competitive 5K. While the 5K is the program's milestone, the finish line is only the beginning—it represents the first step in each girl's journey toward greater confidence, resilience, and belief in her own potential.

Throughout the season, girls learn how to set a challenging goal and break it into manageable steps, discovering that small efforts can lead to big accomplishments. For many third graders, running a 5K once seemed unimaginable. By the end of the program, they arrive at the starting line prepared, proud, and ready to cross a finish line that symbolizes just how much they are capable of achieving.



How It Works

Girls on the Run focuses on empowering girls in grades 3-8. Guided by trained coaches in a supportive environment, the GOTR program helps participants become joyful, healthy, and confident!



Start + Snack



Learn + Talk



Connect + Apply



Move + Grow

A Sister Story: Ashlyn & Harper

When Ashlyn Sheeley first joined Girls on the Run as a third grader, her motivation was simple: **bracelets and medals.**

"I would run a bunch of laps to collect the bracelets," she recalled with a laugh. But as the miles added up, so did the lessons.

"I learned leadership and made new friends," Ashlyn said. "I joined with some of my friends, but I met girls outside of my group too, and that was really special."

Now a high school junior, Ashlyn looks back at her time with GOTR as a foundation for friendships and confidence that extend far beyond the running track.

Her mom, Courtney Sheeley, encouraged Ashlyn and her younger daughter, Harper, to join the program.

"As a working mom, I liked that it gave them something active and positive to do after school," she said. "I also loved the life skills they were learning. The curriculum is amazing—it builds self-esteem. With all the negative influences on social media, I knew GOTR would be a healthy, beneficial experience for them."

Harper joined as a fifth grader, and even though she was the oldest in her group, she quickly embraced the opportunity to mentor the younger participants. One of her favorite memories is being a buddy to Lana Mason, a GOTR participant with Down syndrome, as she ran the 5K. "I kept telling her pink pancakes were waiting at the finish line. She was motivated by the pancakes."

Both sisters agree that GOTR had a lasting impact. "The goal setting was something new for me," Ashlyn explained. "We did some goals at school, but GOTR helped me understand why reaching those goals really matters."

Courtney added that the program's structure was a significant benefit for her family. "I think one of the great things about GOTR is that it's just 10 weeks. It's not a year-long commitment, but it still makes a huge difference. The girls learned life skills that I know will help them for years to come—and it gave them opportunities they might not have had otherwise."



97%

of participants learned critical life skills, including resolving conflict, helping others, or making intentional decisions

(U.S. Surgeon General & U.S. Public Health)

85%

reported improvements in confidence, caring, competence, character development, or connection to others

(U.S. Surgeon General & U.S. Public Health)

52%

of workers in South Georgia are women

X

Every girl empowered by GOTR creates a multiplier effect - impacting peers, families, workplaces, and communities

A report by the U.S. Surgeon General and U.S. Public Health recognized Girls on the Run for its strong link in providing a physical activity-based program.

[READ THE REPORT](#)

Building a Workforce Pipeline

- Today, 52% of workers in South Georgia are women
- The skills taught through Girls on the Run builds confidence, which leads to an effective and efficient workforce.
- Girls on the Run impacts the social and emotional learning skills required in the workforce.
- Strong, confident, supportive girls who are capable of intentional decisions can set and achieve goals will break the cycle of systemic challenges that impact women



Breaking Barriers, Growing Futures

- When girls are confident, they are more likely to have higher levels of self-esteem, which can have a positive effect on mental health and overall well-being.
- Every girl empowered by GOTR creates a multiplier effect—impacting peers, families, workplaces, and communities.
- Confident, caring girls become future mentors, innovators, and civic leaders.
- Together, they strengthen the social fabric and economic resilience of South Georgia.

“The success of Girls on the Run is attributed to the incredible volunteers and generous donors who give their time and financial resources to empower the next generation.

Thanks to their continued support, we are able to inspire more girls and help them realize their full potential.”

Mary Crawford | CEO, Girls on the Run - South Georgia

