



Evaluations show participants...



Feel greater confidence

“Before I did GOTR I was thinking negative about myself...and now I think proudly of myself because I am myself and I like myself.”



Create positive connections

“There's a bond of all of us and people know we are GOTR and we are friends.”



Develop strength of character

“This year there are girls fighting at each other's back. [At GOTR] we were talking about how not to gossip so I went back to my classroom and said we were learning about gossip at GOTR and how much it can affect people and they kind of stopped after that.”



Respond to others with care

“These boys were messing with my friend...so I went to her because she was crying and I told her it was ok and I told the boys to leave her alone.”



Improve competence

90% of girls completed the 5k run at the end of Girls on the Run.



Contribute to community

“We all can improve life on earth if we make a change by going to GOTR and helping people.”



Increase physical activity levels

“At the beginning people were probably tired of running but towards the end...we all wanted to run instead of sit around.”