

PARENT TESTIMONIALS:

"The program far exceeded my expectations in all areas. My daughter brought home valuable information from the program and began to share it naturally in conversation. She really loved her coaches and had a much stronger connection with all the girls on the group."

"I valued that my daughter pushed herself and meeting a goal that is a run and part of her school community. Bonding with younger and older girls and focusing on positive self-image and plugging into the GOTR perspective to reaffirm what she learns at home. Hearing about other girls and women about being strong is important."

"The meetings were amazing. She was so energized and happy after them. I could see her self-confidence grow."

"Learning about her feelings and learning how to express them in a safe environment."

"Amazing, amazing program! I just can't say enough good things about it. (Although I'd like to order better weather for the Brattleboro event next year)."

"I've had such joy running with our daughter . . . it brought us closer and helped us have conversations we wouldn't have had otherwise. She still comes out to run with me a few days a week, now and I always look forward to that."

"My daughter ran across the finish line with her arms pumping in the air for the last 15 yards, she ran toward me and with a huge hug said 'I feel like a million bucks mom!' I couldn't hold back tears."

"Very well organized and thoughtout program. Such a great way to instill in our daughter as a young age what we want them to have their whole lives. Very proud to be parents of a GOTR participant."

"There is a lot to be said about a program like GOTR. Above all, I feel it worth of nothing that the overwhelming sense of accomplishment that comes from months of conditioning , and then conquering the 5k has on these girls is outstanding and vital to their futures."

"I was a parent that helped coach my daughters GOTR team. I am hooked and will help again for the next 2 years that she is a part of this fabulous program. I became motivated to become more active and do more outdoor activities with my daughter. Event day was the most exciting, my daughter and I crossed the finish line holding hands! I was so proud of her."

"I though it was wonderful the way the program combined exercise with social interaction and fun activities, all while strengthening the girls self-image. My daughter isn't a huge exercise lover, but she enjoyed every second of GOTR and loved working toward a big but attainable goal. She has asked over and over if she can do GOTR next year. Thank you!"

"I think my daughter got a lot of out of the group discussions and would often come home and continue them with our family. She made new friends, forming a very strong bond with one girl in particular in another grade. Running the 5k was HUGE deal and has helped reinforce her belief that she really can do anything if she tries her best."

"I really liked the girl-only element, and the opportunity for my daughter to challenge herself, it kept her active and physical. If she wasn't doing this program she would have been watching tv".

"She didn't think she could run any distance, she found out she could! Whomever thought of motivating girls by give them loops for laps is a GENIUS!"

"I cannot say enough about this program. My daughter enjoyed her first year so much that she asked me to coach this year and I did. It was a great experience for both of us. She enjoyed the community service lesson (running to the food shelf to deliver the donations). She truly loved that this was a non competitive team. Just last week she gave me an energy award!"

"GOTR was probably the best program my daughter has ever done compared to other after school activities. Our coach was amazing and my daughter is already signed up for more 5k's. She was so inspired by the program".

"This was the first year the school in our town did this program. I had no idea the positive effect it would have on the 10 girls, coaches and parents that participated. One word AMAZING!!! To see the young ladies with family and friends run at the 5k in Essex was so empowering, so much so that I have already volunteered to coach nest year. Thank you GOTR for coming to our school, just what we needed for our girls. I myself can't wait for next year."



COACH TESTIMONIALS:

"The biggest highlight was the look on the girls faces when they realized that they did all of it, the commitment of 10 weeks, learning they are strong and powerful! Wrap that up with the completion of a 5k, just amazing!"

"Witnessing more reserved girls opening up and talking more. Hearing some of the words that girls came up with to describe how they felt after the first time they complete a 5k in practice, FRESH, HEALTHY, ACCOMPLISHED, PROUD!"

"The practice 5k was the best part. The girls supported each other like I have never seen girls of this age do before. I also loved getting to know each girl personally and the two women I coached with were AMAZING, truly made my season."

"Having the chance to see the girls learn, process, and work through the issues raised in the curriculum, particularly on goal setting and body image."

"Seeing the girls progress throughout the season - mentally, emotionally and physically, was such an amazing experience for me. During the 5k, I could not have been more proud of each and every one of our girls."

"Running at the 5k with a 3rd grader who was telling me all about how she'd 'never run a marathon before' and couldn't believe she was doing a 5k. And at the end, she planned with me to hold up our hands as we crossed the finish line and yell 'Girls on the Run!!!'"

"The impact on the girls; seeing girls of different grades, interest interact with each other happily, the lessons and how they intertwined with the girls daily lives. The camaraderie and happy energy that suffused our time together . . . amazing."

"Seeing each girl set and achieve personal goals. The positive connections the girls make. The 'never giving up' attitude. The girls just always came."

"The highlight for me was getting to see the girls come into themselves more fully. Seeing their confidence increase and their capacities to be comfortable in themselves was really wonderful. Giving the girls real skills to take with them (e.g. I statements, SBLR, etc) is so important going into the future."

"Seeing the girls grow, develop, and accomplish their goals. Specifically, when one girl who refused to work hard, and challenge herself saw all the other girls feel amazing and verbalize their positive feelings, she stated that she was 'mad at herself for not doing her best' and that she was going to do better next time."



GIRL TESTIMONIALS:

"I am amazing no matter what other people say."

"GOTR is an awesome way to express yourself."

"I learned that you always have a voice!"

"I liked that we could run freely without being judged how fast or how slow we ran."

"Girls on the Run makes you feel good about yourself."

"I learned that it was okay to stand out and not be part of the drama!"

"I liked how we talked about stress and how to deal with it."

"I learned that it is not how you look on the outside, it is how you are on the inside that matters."

"I liked how GOTR is a group where different girls make a lot of friends."

"I learned how to be and like myself!"

"I liked how we talked about things that bothered us."

"No matter who you are, and what you are good at, you always fit in at GOTR!"

"I learned how to deal with your problems and stand up for myself."

"I learned that running can be a thing to turn to when your feeling down."

"I like that GOTR is not just running, but also learning about important life lessons and how to deal with any problems."

"I learned that being healthy is not only about physical appearance but also how you feel about yourself and others."

"I learned about LEAPS and the girl box which really helped me."

"No girl has to feel bad about herself, she should feel confident."

"I learned that fixing a problem is better than running from it."

"I found what makes me special is that I can laugh with anybody and I always have a big smile."

"I learned to be myself no matter what and find the awesomeness in others."

"When you run, no one cares if your large or skinny, have glasses or no glasses,
its just you and that's all that matters!"

