

A place of belonging

We want every girl to feel welcomed and included at Girls on the Run.

We offer after-school empowerment programs for 3rd- to 8th-grade girls. Our engaging, research-based curriculum creatively combines movement with confidence-building lessons and activities.

Run, hop, roll, walk, push or skip – participants with and without disabilities belong on our team.



We strive to ensure all participants have an engaging and meaningful experience.

Girls on the Run RI provides all the coach training, supplies, and provides scholarships, activewear and shoes to those in need. Solid communication, safety, and joy are our top priorities

Girls on the Run recently retained MAEC to conduct an external review of inclusion, diversity, equity, and access within our programming. The study focused on the experiences of BIPOC, LGBTQIA+, people with disabilities, and those who needed financial assistance. Results revealed that:



Nearly 100% of participants agreed that they felt that their coaches care about them



100% of caregivers

who reported that their child required accommodations agreed that their child could participate equally to their peers



98% of caregivers

agreed that their child felt physically, emotionally, and socially safe at GOTR



97% of participants

agreed that they could be themselves at Girls on the Run and felt included in all GOTR activities they wished to participate in



To get involved today, visit www.gotrri.org