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FOUNDATION**

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Girls on the Run Expands to Canada

Partners with Ottawa Sports and Entertainment Group Foundation to serve girls across the capital city

Charlotte, N.C. – October 7, 2021 - [Girls on the Run](#), a nonprofit organization that inspires girls to be joyful, healthy and confident, has announced its expansion into Canada. This fall, girls in Ottawa will have the opportunity to participate in programming designed to strengthen girls' social, emotional, and physical skills to successfully navigate life experiences.

Girls on the Run is an after-school program for third through eighth grade girls. Its structured and dynamic lessons use running and other physical activities to promote and support healthy outcomes for girls of all abilities. The life skills curriculum is delivered by trained and caring coaches with lessons designed to emphasize the important connection between physical and emotional health. At the end of the program, girls complete a 5K, which provides a tangible sense of accomplishment, setting a confident and goal-oriented mindset into motion.

Since its inception in 1996, more than 2 million girls in the United States have participated in Girls on the Run programming. An independent study found that 97% of participants learned critical life skills including managing emotions, resolving conflict, helping others, or making intentional decisions at Girls on the Run that they continue to use at home, at school and with their friends.

"We are thrilled to partner with the Ottawa Sports and Entertainment Group (OSEG) Foundation to bring Girls on the Run programs to Canada", says Elizabeth Kunz, chief executive officer of Girls on the Run International. "Now girls across Ottawa will have the opportunity to build connections, experience the joy of movement, and build their self confidence."

Girls on the Run Ottawa is a signature program of the OSEG Foundation. The OSEG Foundation, the Ottawa Sports and Entertainment Group and its sports teams – the Ottawa REDBLACKS and the Ottawa 67's – develop programs and invest in local charitable initiatives that provide opportunities for more children and youth to play, learn and develop through sports.

"Girls on the Run beautifully aligns with the mission of the OSEG Foundation", says Janice Barresi, executive director of the Foundation. "By offering this fun and impactful youth development program, more girls in our community will have an opportunity to excel and reach their full potential."

To learn more about Girls on the Run Ottawa and how to get involved, visit

<https://www.girlsontherunottawa.ca>.

About Girls on the Run

Founded in 1996 with 13 girls, Girls on the Run, a nonprofit organization, has now served over 2 million girls. Over the course of the program, girls in 3rd-8th grade develop essential social, emotional and physical skills to successfully navigate life experiences. The program culminates with girls positively

impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event. With the largest 5K series by number of events in the world, Girls on the Run hosts more than 330 5Ks per year. Girls on the Run is included as a top research-based program in a Social-Emotional Learning Guide developed by researchers at Harvard University and has been recognized by the National Afterschool Association (NAA) as one of the most influential after-school programs. Visit www.girlsontherun.org to learn how to get involved in your community.

About Ottawa Sports and Entertainment Group Foundation

Established in 2017, the OSEG Foundation serves as a catalyst for social change by leveraging the power of sport to improve the lives of children and youth. We believe that by sharing our passion for sports through structured youth development programs, kids will have an opportunity to excel and reach their full potential. Visit www.osegfoundation.ca for more information.