



For Immediate Release

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Girls on the Run International Hosts *Dream it. Do it. Be it.* Virtual Event to Celebrate the Dreams of Women and Girls

*A conversation with Athlete and mental health advocate Simone Biles headlines the event on
March 31*

Charlotte, N.C. – March 23, 2022 - Girls on the Run International (GOTRI) is hosting an inspiring virtual fundraising event on March 31, 2022, to celebrate the dreams of women and girls and the immeasurable strength they exhibit as they boldly pursue them. The online gathering will feature an impactful conversation with the most decorated gymnast of all time, Simone Biles, as well as a special performance by Grammy award-winning artist Sara Bareilles and message from advocate, activist and aspiring astronaut Taylor Richardson, an alumna of Girls on the Run.



“Through our program, we teach girls that if you can dream it, you can do it and ultimately be it. We want to ensure that every girl never forgets that,” said Elizabeth Kunz, CEO of Girls on the Run International. “We welcome everyone to join us in celebration of all of the amazing things girls accomplish.”

The event is free to attend and each guest will have the opportunity to make a donation to Girls on the Run during the program. Gifts will help develop new programming, provide financial assistance so more girls can participate, and fund initiatives that will eliminate barriers for participants. This financial support will ensure that more than 150,000 girls in

2022 learn that their worth comes from within, how to be a good friend to themselves and others, and how to be a powerful force for good within their communities and the world. Participants can [register online](#).

Since its inception in 1996, Girls on the Run has supported the physical and emotional health of more than 2 million girls across North America. According to an independent youth development study, girls’ self-confidence begins to drop by age nine, physical activity levels start to decline by age 10, and half of 10- to 13-year-old girls experience bullying and exclusion. Girls on the Run

counters these developmental hurdles through its evidence-based, life skills curriculum that is delivered by trained coaches.

The age-specific programming for third- to fifth-grade girls and sixth- to eighth-grade girls culminates in a 5K at the end of the season. Before the pandemic, more than 600,000 participants and spectators attend one of the more than 330 5K events each year making the Girls on the Run 5K the largest 5K series by number of events in the world.

Kunz added, “We have a 25-year history of empowering girls. This evening of empowerment will help power our organization to continue our work for the next 25 years.”

ABOUT GIRLS ON THE RUN INTERNATIONAL

Girls on the Run International designs programming that strengthens third- to eighth-grade girls’ social, emotional, physical, and behavioral skills to successfully navigate life experiences. Each year, more than 200,000 girls ages eight to 13 participate in communities in the United States and Canada. More than 2 million girls have participated in the program since it launched in 1996. The curriculum reaches girls at a critical stage, strengthening their confidence at a time when society begins to tell them they can’t. Underscoring the important connection between physical and emotional health, the program addresses the whole girl when she needs it the most. Results show GOTRI programs inspire and empower girls to build healthy physical and mental habits that last long beyond the program. According to a longitudinal study conducted by The University of Minnesota, 97% of Girls on the Run participants said they learn critical life skills including resolving conflict, helping others or making intentional decisions; and 94% of parents reported it was a valuable experience for their girl. To learn more about this international non-profit, visit www.girlsontherun.org.

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