

Girls on the Run of Central Maryland

(Client Description)

About the organization

Learn-Dream-Live-Run is what they then believe in. Girls on the Run (GOTR) established in 1996 in North Carolina, Charlotte; is a nation-wide Non-Profit organization active in all 50 states and District of Columbia; of which GOTR of Central Maryland is a part, established in 2009 by Lisa Martin. Its motto is to nurture & empower limitless potential in girls to pursue their dreams boldly.

GOTR-Central MD's initial program was held in the spring of 2010 with 42 girls. We then expanded into Carroll County in December of 2011 and became Girls on the Run of Central Maryland. We currently serve over 2,200 girls annually.

With the help of almost 100,000 volunteers, Girls on the Run served nearly 180,000 girls in 2015, including our millionth girl! GOTR currently hosts more than 350 end-of-season 5K events across the United States, making the Girls on the Run 5K series the largest in the country

They meet twice a week in small teams and teach life skills through dynamic, interactive lessons and running games. Curriculum is taught by certified GOTR coaches and includes three parts: understanding ourselves, valuing relationships and teamwork which helps girls understand how we connect with and shape the world at large.

Major reason to incorporate running: Running is used to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment

Core Values they believe in:

Recognize our POWER and RESPONSIBILITY to be INTENTIONAL in our decision making	Embrace our DIFFERENCES and find STRENGTH in our CONNECTEDNESS	Express JOY, OPTIMISM AND GRATITUDE through our words, thoughts and actions
NURTURE our physical, emotional and spiritual HEALTH	LEAD with an OPEN HEART and assume POSITIVE INTENT	STAND UP for ourselves and others

Software to be use for this semester

I am going to work on GOTR's Central MD's website which is <https://www.gotrcentralmd.org> is an independent council of <https://www.girlsontherun.org>. GOTR's Central MD has informative website which in itself is a multi-page full fledged website with functionalities such as login, donation and information about organization.

Access to the Site and Client

Access to site

I have read access to public website of the organization which I'm working on 24x7. If required more access can be arranged with permission from client.

Access to client

Jessamine Duvall is an Executive Director of the program and organization. She's available on call as well on emails. She's agreed to the fact that if required my visit to client-site can be arranged and facilitated which would allow me to meet and interact with volunteers, participants, coaches and other who are part of the organization which in turn would help me understand my users.