



JUNIOR LEAGUE OF
RICHMOND

Girls on
the **run**®

****PRESS RELEASE****

FOR IMMEDIATE RELEASE

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Girls on the Run of Greater Richmond receives \$60,000 transformational grant from Junior League of Richmond

Grant Allows 300 Girls to Participate in Girls on the Run Programming

Richmond, VA, January 25, 202

Girls on the Run of Greater Richmond has received a generous grant from the Junior League of Richmond for \$60,000. This grant supports Girls on the Run of Greater Richmond's work across the region, including Chesterfield, Henrico, Richmond City, Goochland, and Hanover counties.

Girls on the Run uses running to inspire and motivate girls, encourage a lifelong appreciation of health and fitness, and help them build confidence through accomplishment. The Girls on the Run organization envisions a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Funding will allow 300 girls to participate in Girls on the Run programming by providing full financial support. "The Junior League of Richmond is excited to partner with Girls on the Run to provide opportunities for girls of all abilities to embrace their inner strength and make meaningful connections with others. These same values are shared by the women in the Junior League of Richmond, and it's a privilege to pass them along to a new

generation of strong, tenacious, creative, and intelligent girls. This grant will help to combat stress, build confidence, and create a foundation for health and wellness. Girls served today by Girls on the Run are tomorrow's leaders and the Junior League of Richmond is thrilled to support their journey of empowerment and self-assurance," said Jenn Keegan, President of the Junior League of Richmond.

Through the support of the Junior League of Richmond, Girls on the Run of Greater Richmond will provide third through eighth grade girls the opportunity to build friendships, grow their confidence, and engage in healthy afterschool activities. This grant will provide a safe space for students to build their self-confidence, learn healthy habits, and develop positive peer and mentor relationships that they can carry with them long after the program ends. With over 50% of participants receiving financial assistance and at least 40% attending Title 1 schools, support from the Junior League of Richmond will help remove barriers for families who otherwise may not be able to afford the program. Catherine Estevez, Executive Director, Girls on the Run of Greater Richmond, stated, "We are thrilled that the Junior League of Richmond has made such a transformational investment in Girls on the Run, showing young women and girls across our community that they deserve to be healthy, joyful, and confident."

About the Junior League of Richmond

Founded in 1926, the Junior League of Richmond is committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. The Junior League of Richmond is an inclusive group of informed thought leaders intentionally serving and empowering women, youth, and families, striving for collective impact through collaboration and advocacy. We are part of the Association of Junior Leagues International, Inc., which is made up of 295 Junior Leagues in four countries. For more information, visit our website at www.jlrichmond.org.

About Girls on the Run of Greater Richmond

Established in 2013, Girls on the Run of Greater Richmond is an Independent Council of Girls on the Run International, which has a network of 200+ locations across the United States and has served over two million girls throughout its 25 year history. Over the course of the 10-week program, girls in 3rd-8th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. 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. 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.gotrichmond.org to learn about how to get involved.

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