



GIRLS RUN MISSOULA

ANNUAL REPORT 2021

GRM is an incredible program that is so much more than running. The empowerment that is taught and demonstrated by the coaches and guest speakers is fun, meaningful and effective.

-Parent of GRM Participant

As we close out 2021, Girls Run Missoula has much to celebrate. We ran six 5k community races, performed over 20 hours of community service, hosted hundreds of volunteer mentors, and contracted three coaches. Program registration has grown by 200% to total 155 girls served by year's end and an increase in funding sources, strategic program expansion, and a sustainable staffing structure have allowed GRM to spread to Frenchtown and Target Range as well as three different sites in Missoula. Partnerships with Run Wild Missoula, Runner's Edge, Strive Nutrition, Key Running, MontanaFit, Happiness Yoga, the City of Missoula Fire and Police Departments, offered life skills development to support youth in increasing their confidence, strength, and fitness.

As the Executive Director, I feel confident that we are on the right track. Your support this year has made this possible and we can't thank you enough. 2022 will present new challenges and opportunities, and we hope to count on you for continued support. Remaining mindful of program quality and mission, we will continue to use program evaluation and feedback from our stakeholders to inform decisions as we help young leaders find their stride.

Sincerely,

ANGELA BRIDEGAM

Angela Bridegam
Girls Run Missoula
Executive Director
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"Girls Run Missoula has empowered our daughter to find her inner strength, boosted her confidence, and taught her about movement and tips/tricks for a healthy lifestyle."

-Parent of GRM Participant



LOOKING FORWARD

ORGANIZATION NAME CHANGE: Go Run Missoula

Expect to see an exciting and strategic name change to "Go Run Missoula" this January. This decision was made with inclusion and program sustainability in mind. We look forward to rolling out this big change with a new website and branding.

NEW PROGRAM AREAS: Strength Training & Trail Running

These program areas are currently offered to a small degree in our traditional programming, and evaluation of the program has shown that the community wants more! We will offer one Strength Training class in the winter using the Brand X Method approach and one Trail Running option in the spring.



WE NEED YOU!

GRM provided 15 scholarships in 2021 and wants to do better. Please consider making a donation to our scholarship fund and/or general fund to support outreach to low-income families. You can donate on our website at www.girlsrunmissoula.com or by sending a check to Girls Run Missoula, 807 Whitaker Dr, Missoula, MT 59803.

To learn more about our mission, vision, and values, visit: www.girlsrunmissoula.com