

Helping Young Leaders Find Their Stride

We envision a community where girls stand strong in the face of peer pressure, accomplish challenging goals, are physically active, and help their community.



Dear Friends,

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Dear Friends,

'Tis the season to give thanks, and our team has a lot to be thankful for. In 2023, Go Run Missoula's programming reached 250 female and non-binary youth, supporting them to develop the same skills necessary to say no to drugs, to avoid teen dating violence and suicidal ideation, and to perform well in school. I believe we all agree that this is important for the health of our youth.

Megan, a ten year-old female, participated in our winter strength training class and summer running camp. She was reticent to join the group as the world had told her she didn't fit the fitness mold. To make matters worse, she was a perfectionist and feared all situations where failure loomed. She didn't want to come in last at the 5k race and worried that no one would want to be her partner during practice. Trained in positive youth development strategies, Megan's GRM coaches developed a bond with her from the first day, encouraging her to recognize that doing her best is good enough and that the most successful individual is the one who knows her own limits. Not only did Megan finish her first 5k with a smile, she enjoyed doing it with new friends and mentors, and she now has an increased sense of self-worth even in the face of adversity.

After only two seasons, Megan developed social and emotional capacities that will serve her during her teenage years - a time when confidence and self-esteem are challenged. I couldn't be more proud of our non-competitive culture and topics such as goal setting, community service, nutrition, and mindfulness. I didn't have this when I was younger and truly believe it would have been life-

changing if I had.

As we move into 2024, we honor the progress that the movement to empower women has made while recognizing that female youth continue to experience elevated levels of depression and anxiety. To increase the impact of our work, we are excited to develop a **women's ambassador team** and a **youth advisory council**. Financially, we continue to diversify our funding streams through grants, individual donations, business sponsorships, and another wild fundraising event. To increase access to programming for all income levels, we have created a new scholarship fund called the **All of Us** fund. This will support our commitment to the Title 1 schools in Missoula as well as to any family in need. Please consider giving to the All of Us fund and offer the gift of leadership to a low-income Missoula youth. Just \$80 supports one participant for an entire season. Thank you again for your support.

Sincerely,

Angela Bridegam

Executive Director

Donate to the All of Us fund

2023 in Review



Impact Testimony



GRM instills the skills to manage oneself, to build and maintain relationships, and to treat setbacks as learning experiences.

*I have kept a hand-written note my daughter wrote to herself during her last 5K. *Do your best. *Believe in you. *Do this for you.*





My daughter came home from GRM with such a happy attitude. She really soaked up all the positive messages and social justice issues that were discussed each week.

GRM is an awesome program that gave my daughter another network of friends outside of her classroom.



Gratitude

Go Run Missoula's impact grew exponentially in 2023 through key partnerships with **Missoula Parks & Recreation, Runner's Edge, and Run Wild Missoula.**

We are forever thankful to our sponsors. **Lithia Toyota of Missoula** continues to act as our major financial partner and has committed to the same level for next year. Thank you to **Scariano Construction, Clearwater Credit Union, Big Sky PR, Brooks Running, Children's Dentistry of the Rockies, Allegiance, and Montana Fire Pits.**

Key partners include **Bitterroot Flower Shop, Sustainable Wellness, Missoula Health Department, Alpine PT, Big Dipper Ice Cream, and Alpine Running Guides.**

Numerous individual donors made generous contributions this year and we are forever indebted to your generosity. Thank you.

[**I Want to Donate**](#)

Thank you.