

# REPORT 2019 April Cycle

## GENERAL INFORMATION

### Organization Information

<b>Legal Name:</b> Girls on the Run Bexar County		<b>Federal Tax ID#:</b> 27-3619254	
<b>Address:</b> 231 E. Rhapsody, Ste. 136	<b>City:</b> San Antonio	<b>State:</b> TX	<b>Zip Code:</b> 78216
<b>Website:</b> <a href="https://www.gotrsanantonio.org/">https://www.gotrsanantonio.org/</a>		<b>Fax:</b> (210) 901-0167	

### Head Of Organization

<b>Name:</b> Minka Misangyi	<b>Title:</b> Executive Director
<b>E-Mail Address:</b> minka.misangyi@girlsontherun.org	<b>Phone:</b> (210) 901-0167

### Application Contact

<b>Name:</b> Minka Misangyi	<b>Title:</b> Executive Director	<b>E-Mail Address:</b> minka.misangyi@girlsont herun.org	<b>Phone:</b> (210) 901-0167
--------------------------------	-------------------------------------	--	---------------------------------

## REPORT INFORMATION

<b>Report Funding Cycle:</b> 2019 April Cycle	<b>Report Date:</b> 07/01/2020 12:00 am
--	--

**1: Please include in your report the dollar amount of the funds that were awarded, the date they were funded and what the funds supported.**

Awarded Amount: 20,000	Date: 04/12/2019
------------------------	------------------

**2: Were the objectives cited in your original proposal met? Please address each started objective and how it was met.**

The objectives were to provide registration fees for 130 girls (65 in Fall and 65 in Spring) living in low-income neighborhoods to participate in our Fall 2019 and Spring 2020 10-week youth development programs (ending June 30, 2020) , and to ensure that every girl who needed a pair of running shoes received them. GOTRBC served a total of 880 girls at 65 locations during this time.

Scholarships were given to 130 girls and running shoes were given to 20 girls. In Fall 2019, 20 girls requested shoes, fewer than we anticipated; we believe that many families bought shoes at the beginning of the school year. In spring, more families usually request shoes. We were collecting requests during our Spring 2020 season when the pandemic closed schools, and we were not able to provide shoes.

GOTRBC programs are fee-based, but no girl is ever turned away based on economic need or physical ability. GOTRBC's cost per girl is just under \$300, but we only ask a \$150 registration fee. Financial aid is available to any girl who needs it and is based on family income. During the Fall 2019 season, 190 (of 485 total) girls (39%) contributed less than \$25 to the registration fee. Of those 190 girls, 39 girls (21%) did not contribute anything. During the Spring 2020 season, 212 (of 395 total) girls (54%) contributed less than \$25 to the registration fee. Of those 212 girls, 122 girls (31%) did not contribute anything.

**3: Please explain any changes from the original proposal and the circumstances that lead to the modification of the objective.**

In-person programming for the Spring 2020 season was cut short as a result the pandemic. We were able to offer girls a modified version of the curriculum, GOTR at Home. Lessons were sent to families via email and text messaging and could be downloaded and viewed on YouTube. Many of our families lack digital access, so we know that a number of our girls were not able to view the lessons. Our volunteer coaches were also given access to GOTR at Home, and, as 70% of them are teachers, they had some success reaching their girls.

Because of the cancellations of large events, the 5K race that would have ended our Spring 2020 season was cancelled. In its place, we held a weekend of virtual movement over Memorial Day; the goal was to get girls and their families active.

The end-of-season 5K event is a big expense for GOTRBC. The Fall 2019 5K was held as usual. But because the Spring 5K was a virtual event rather than the large gathering we intended, the expenses were not as high. By June 30, 2020, when the grant funding ended, \$216.40 of the \$20,000 awarded was not spent. Kathleen Fenlon kindly gave us permission in an email dated June 19 to redirect those remaining funds to operations. Because our seasons are so short and operate on a quick turnaround, most of the funding for Spring 2020 program materials was expended early in the season.

**4: What needs were addressed?**

First, the girls served by this funding live in low socioeconomic neighborhoods where many children do not have access to or cannot afford after school programming. This project was designed to make healthy living achievable and affordable for the girls at these schools.

Second, San Antonio has been in the throes of a childhood diabetes and obesity crisis. Our program instills in girls a love of physical activity that can help to relieve these crises. Running is woven into a curriculum designed to teach girls life skills. Running is thus made fun rather than perceived as punishment or as a chore. GOTRBC focuses on personal mastery rather than performance. Each girl is encouraged to move at her own pace and compare herself only with herself, to give her best effort each day, no matter what that looks like. In helping girls to understand themselves, GOTRBC seeks to inspire them to see that they truly can do whatever they set their minds to.

Third, GOTRBC curricula feature lessons that nurture the whole child, not just her athletic skills. Girls learn how to collaborate with each other and are empowered to make healthy life choices. Studies have shown that girls between the ages of 8 and 12 rapidly lose their sense of confidence and ambition due to negative portrayals of women's bodies in the media; our curriculum gives girls the confidence and the tools to make sense of the world and to know that they are enough just the way they are.

**5: What method of evaluation did you use to monitor and measure the project's outcome and what are the result?**

GOTRBC's new evaluation tool was piloted in Fall 2019. The pre- and post-season tool, which measures the expected changes in girls' confidence, caring, connection, character, contribution to their community, competence, and physical activity, will be used to assess GOTRBC programs to ensure that the program curricula is being implemented as it is intended. Dr. Tara Wright, who is leading the evaluation effort, is assessing pilot data and the tool itself.

GOTRBC assessed feedback received from parents and coaches through surveys. Parents consistently stated that their daughters came away from the program with increased self-confidence (95%), increased health consciousness (95%), increased self-awareness (100%), a deeper understanding of teamwork (89%), and a stronger sense of empathy (97%). All parents indicated they would recommend our programs to someone else.

Coaches consistently "strongly agree" that their experience is valuable. Coach retention from season to season is consistently 40%, with many coaches serving 6 or more seasons. Schools often start programming through teachers who hear about it from their peers. Fall 2019 was our biggest season (36 locations), and Spring 2020 our second (29).

GOTRBC tracks the number of girls who repeat the program as well as the daily attendance of the girls in the program. In Fall 2019, 114 girls (25%) participated for at least their second time, and the attendance rate was 88%. In Spring 2020, 155 girls (39%) participated for at least their second time. Because the season shifted to at-home programming, we could not fully track attendance.

**6: Do you plan to continue this project, and if so, how do you plan to sustain it?**

GOTRBC plans to continue to support any girl who wants to participate in Girls on the Run, regardless of whether her family can afford the registration fee. We will continue programming at any Title 1 school that wants to start as a new site or continue as an existing. GOTRBC plans to sustain programming through funding from individuals, corporate sponsors, and grants.

In mid-January 2019, GOTRBC was awarded funding from the Kronkosky Charitable Foundation to continue work with Burnam | Gray in implementing a fundraising and marketing strategy and plan. We now have fundraising tools that can be used from year to year, and our Board is comfortable using them. Even though we know that the focus of giving has changed in the short term because of the impact COVID-19 has had on our community, we are confident that the people and organizations who support our mission will continue to do so in the long term.

**7: Please provide any other comments of information relevant to this grant.**

As explained in question 3 above, \$216.40 of the \$20,000 awarded was not spent on program materials. Kathleen Fenlon kindly gave us permission in an email dated June 19 to redirect those remaining funds to operations. That number is in line item number 2, "5K Expenses," below.

**8: Please provide an updated detailed projected budget with expenses for the received grant. Also include the totals for the budgeted and actual amount. Explain any discrepancies between the budgeted and the actual expenses for the project.**

Line Item Description	Total Project Funds Allocation	Najim Requested Funds	Project Funds Actual	Najim Funds Allocation
Program Expenses	\$17,646	\$17,646	\$19,587	\$19,587
5k Expenses	\$4,954	\$0	\$2,962	\$216
Shoes/Clothing	\$2,354	\$2,354	\$197	\$197
Office Expenses	\$780	\$0	\$691	\$0
Salaries/Professional Fees	\$7,932	\$0	\$11,773	\$0
Insurances	\$1,890	\$0	\$1,901	\$0
Website & Marketing	\$924	\$0	\$770	\$0
Rent/Utilities	\$1,418	\$0	\$1,390	\$0
Volunteer Appreciation	\$680	\$0	\$628	\$0
<b>TOTAL:</b>	<b>\$38,578</b>	<b>\$20,000</b>	<b>\$39,899</b>	<b>\$20,000</b>

**Signature**

Minka Misangyi