

MEMBERS ON THE (BLOG)SPOT



PRODUCTS/SERVICES OFFERED

Girls on the Run is a transformational physical activity based positive youth development program for girls in third through eighth grade.

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Members on the (Blog)Spot is a monthly feature of member businesses of the Clive Chamber of Commerce. If you are interested in having your business featured, contact kschmidt@clivechamber.org.



Girls face social pressures and conflicting messages about how they should act and who they should be, resulting in their confidence dropping about twice as much as boys in adolescence. Now more than ever, girls need to be accepted, inspired, and motivated. Girls on the Run (GOTR) is an after-school program at the Walnut Creek Family YMCA that unlocks the power and potential girls need to lead an emotionally and physically healthy life, by strengthening a sense of confidence in young girls while fostering care and compassion for self and others.

Every girl can benefit from GOTR. The program serves girls in grades 3rd to 8th and is designed to inspire girls of all abilities to recognize and embrace their inner strength. It is so much more than running and many participants are not even runners. Girls grow more joyful, healthy, and confident from the lessons and coaches delivering the program. At the end of the program, girls complete a 5K, which provides a tangible sense of accomplishment, setting a confident and goal-oriented mindset into motion.

"Our purpose is to serve every girl. We appreciated our relationship with the Chamber to help us spread the word" shares Christa Vander Leest, GOTR Program Director.

Girls on the Run of Central Iowa started 13 years ago. In 2012 the program served 75 girls and has grown to serve over 1,000 in 2021. To learn more about GOTR or to volunteer contact Christa Vander Leest at christa.vanderleest@dymca.org or visit www.gotrcentraliowa.org.