



ANNUAL REPORT

2022

Dear Friends,

As the Executive Director, 2022 asked me to adapt to unplanned situations, to persevere through adverse experiences, and to reevaluate my decisions. The ability to navigate the bends in the road doesn't come without setback, but never does failure deplete my commitment to keep going. I share this personal insight because developing these life skills in young girls is what we do at GRM, and 2022 was exceptionally big!

This year, we successfully added strength training and trail running to our programming, and offered GRM at 21 sites across Missoula, Frenchtown, Target Range, and Ronan. This means that 233 girls in Western Montana explored problem-solving and decision-making strategies while participating in 175 hours of sprinting drills, pacing activities, and running games as well as 7 community 5k fun runs.

Running and strength training are the key ingredients in leadership development at GRM, because being active and creating fitness goals build physical confidence, competence, and motivation. This leads to increased feelings of self-worth and the desire to challenge ourselves. It's not about being the fastest. It's about knowing our limits, pacing ourselves, and getting comfortable with discomfort. Sounds a bit like life, doesn't it? The Board and I couldn't feel more proud of what GRM accomplished this year and greatly appreciate your support in making it all possible.

Sincerely,

Angela Bridegam

Executive Director





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

PROGRAM HIGHLIGHTS



Outdoors

Our Trail Running session fostered an appreciation for spending time in nature while learning trail stewardship, trail etiquette, and proper running form on difficult terrain.



Find Your Stride Run

GRM hosted our first *Find Your Stride Run* and it was a huge success! 250 runners and their spectators joined us to celebrate girls in leadership.



Community

GRM participants completed 4 community service projects this year. Service to others promotes a focus on personal values, passion, and strength, requiring us to consider others' needs over our own.



Partnership

2022 welcomed partnerships with MSU Nursing and UM Physical Therapy which provided 20 University students as GRM mentors. We also partnered with Snqweylmistrn, a Ronan nonprofit, to offer programming to Salish-girls.



Strength

Our Strength Training session focused on weight lifting, speed drills, mobility, and stretching. Strength training positively correlates with improved performance in other sports, prevents injury, is encouraged for runners, and empowers girls to feel comfortable in the weight room!



Mentorship

Numerous middle and high school mentors along with 37 trained coaches and 25 professional guest speakers facilitated leadership workshops about effective communication and collaboration skills, self-awareness, and interpersonal relationship skills.



GRATITUDE

Thank you to our donors, sponsors, and supporters! 2022 welcomed GRM into the Missoula community in a way that sets the stage for 2023's focus on partnerships and collaboration. **Lithia Toyota of Missoula** was GRM's major financial partner in 2022 and has committed to supporting girls in leadership at the same level for 2023. **Runner's Edge** hosted a Ladies' Night that raised \$1,500 for GRM and also sponsored our Spring Trail Running session. **Run Wild Missoula** launched the GRM Ten Virtual Challenge as a commitment to supporting girls in sports. Numerous **individual donors** made meaningful contributions to support girls in building confidence, strength, and connection. We can't do this important work without each of you, thank you for your generous support.

Partners:

TNT, Bitterroot Flower Shop, Sustainable Wellness, Strive Nutrition, Missoula Fire Department, Missoula City Police Department, Missoula Health Department, Alpine PT

Sponsors:

Scariano Construction, Bob Ward's Sports & Outdoors, Missoula Bone & Joint, RevoMT, Topo Realty, and FritoLay.

A VIEW OF 2023

With a focus on program quality and sustainability, GRM remains committed to expansion that serves our mission. We look forward to undergoing a strategic planning process with our Board in 2023 as well as continuing to research creative models that promote accessibility and inclusivity. If you love what GRM does, please consider giving the gift of running through our website, [here](#). We also welcome Venmo to @GoRunMissoula, PayPal to angela@gorunmissoula.com, or check by contacting us [here](#).