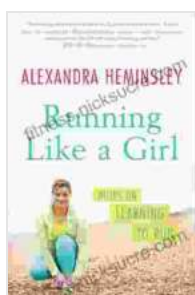


# Running Like a Girl: Empowering Women Through the Sport of Running

Running is a powerful and accessible way to improve our physical and mental health. It's also a great way to connect with other women and build a sense of community. Running Like a Girl is a movement that is empowering women all over the world through the sport of running.

## The History of Running Like a Girl

Running Like a Girl was founded in 2009 by Kathrine Switzer, the first woman to officially run the Boston Marathon. Switzer was inspired to start the organization after she was harassed and nearly forced off the course during the 1967 Boston Marathon. She wanted to create a safe and supportive environment for women to run, and Running Like a Girl was born.



## Running Like a Girl: Notes on Learning to Run

by Alexandra Heminsley

★★★★☆ 4.6 out of 5

Language : English  
File size : 2953 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 226 pages

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## **The Mission of Running Like a Girl**

The mission of Running Like a Girl is to empower women and girls through the sport of running. The organization believes that running can help women build confidence, self-esteem, and leadership skills. Running Like a Girl also works to break down barriers that prevent women from participating in running, such as sexism, discrimination, and lack of access to resources.

## **The Programs of Running Like a Girl**

Running Like a Girl offers a variety of programs to support women and girls of all ages and abilities. These programs include:

- **Girls on the Run:** A program for girls in grades 3-8 that combines running with lessons on life skills, such as teamwork, leadership, and self-respect.
- **Heart & Sole:** A program for women who are new to running or who want to get back into shape.
- **Run Like a Girl Half Marathon:** A half marathon training program for women of all abilities.
- **Women's Running Series:** A series of running events for women of all ages and abilities.

## **The Impact of Running Like a Girl**

Running Like a Girl has had a profound impact on the lives of women and girls all over the world. The organization has helped women to:

- Improve their physical and mental health

- Build confidence and self-esteem
- Develop leadership skills
- Break down barriers to participation in running

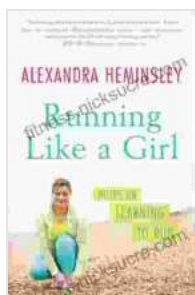
Running Like a Girl is an inspiring example of how the power of sport can be used to empower women and girls. The organization is making a real difference in the lives of women all over the world, and its impact is only going to grow in the years to come.

## How to Get Involved

There are many ways to get involved with Running Like a Girl. You can:

- Join a Running Like a Girl program
- Volunteer your time
- Donate to the organization
- Spread the word about Running Like a Girl

Every little bit helps! By getting involved with Running Like a Girl, you can help to empower women and girls through the sport of running.



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