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## Girls on the Run Rio Grande After School Programs

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the ten-week program, girls in 3rd-8th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event

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### Details

**Ages:** Children and Youth

**Races:** All

**Genders:** Females

**Intake Process:** Online Application

**Payment Options:** No one is refused service due to inability to pay

**Waiting List:** Sometimes

**Minimum Age:** 8

**Maximum Age:** 12

**Contact:** Mo Burson

**Contact Email:** [monique.burson@girlsontherun.org](mailto:monique.burson@girlsontherun.org)

**Capacity:** Albuquerque

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### Services

Youth Development   Educational Programs   Leisure/Recreation/Sports

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### Locations

*PO Box 36072*

*Albuquerque, NM 87176*

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### Parent Organization

#### Girls on the Run Rio Grande

We inspire girls to be joyful, healthy and confident using a fun, experience based curriculum which creatively integrates running.

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a

kind. We believe that every girl is inherently full of power and potential. By knowing they are the leaders of their lives, these are the girls who will change the world.

*PO Box 36072*

*Albuquerque, NM 87176*

**Phone:** (505) 916-9073

**Email:** *dana.beyal@girlsontherun.org*

**Primary Contact:** *Mo Burson*

**Contact Email:** *girlsontherunrg@gmail.com*

**Type:** *Nonprofit*

**EIN:** *46-0564804*

<http://www.girlsontherunriogrande.org>