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ACR-47 Girls on the Run of Greater Sacramento Day. (2023-2024)

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Assembly Concurrent Resolution No. 47

CHAPTER 96

Relative to Girls on the Run of Greater Sacramento Day.

[Filed with Secretary of State June 19, 2023.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 47, McCarty. Girls on the Run of Greater Sacramento Day.

This measure would recognize May 20, 2023, as Girls on the Run of Greater Sacramento Day and resolve that elementary and middle schools across the Sacramento region should encourage girls in grades 3 to 8, inclusive, to get involved and participate in a nearby Girls on the Run program.

Fiscal Committee: no

WHEREAS, Established in 2003, Girls on the Run of Greater Sacramento is a nonprofit organization that provides after school empowerment programs in Sacramento, Yolo, and the western slopes of Placer and El Dorado Counties for girls in grades 3 to 8, inclusive; and

WHEREAS, Girls face social pressures and conflicting messages about how they should act and who they should be. Studies show that by their adolescence, girls' confidence drops about twice as much as boys', their friendships become more complicated and challenging, their perception of their academic abilities declines, their likelihood of anxiety and depression increases, and their participation in physical activity plummets; and

WHEREAS, A 2016 independent study led by Dr. Maureen Weiss of the University of Minnesota found that the national Girls on the Run program's intentional life skills curriculum and highly trained coaches positively impact girls' lives by helping them increase self-confidence, develop healthy relationships, and feel good about themselves. Simply put, Girls on the Run inspires girls to recognize their inner strength and celebrate what makes them one of a kind; and

WHEREAS, Through the Girls on the Run of Greater Sacramento program, trained volunteer coaches lead small teams through research-based curricula, which includes dynamic discussions, activities, and running games. Over the course of the 10-week program, girls in grades 3 to 8, inclusive, develop essential skills to help them navigate their worlds and establish a lifetime appreciation for emotional and physical health and fitness; and

WHEREAS, Girls on the Run of Greater Sacramento provides a safe and enriching after school option for kids who might not otherwise have access to either; and

WHEREAS, The Girls on the Run of Greater Sacramento program culminates with girls positively impacting their communities through service projects and being physically and emotionally prepared to complete a celebratory 5K event that includes more than 1,000 participants; and

WHEREAS, With the support of the California Legislature, Girls on the Run of Greater Sacramento will be able to provide financial assistance to over 400 participants over the next three years who otherwise would not have been able to participate; and

WHEREAS, 2022 was the largest year ever for Girls on the Run of Greater Sacramento, providing this empowering program to over 670 girls in the Sacramento region, and for 2023, the 20th Anniversary year, they hope to bring the program to even more girls in the region; and

WHEREAS, Since its inception, Girls on the Run of Greater Sacramento has proudly served almost 6,000 area girls, and has been able to provide financial assistance to nearly one-half of its participants who otherwise would not have been able to participate; and

WHEREAS, Empowering young women to recognize their strengths and to support one another is more timely now than ever; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature hereby recognizes May 20, 2023, as Girls on the Run of Greater Sacramento Day; and be it further

Resolved, That elementary and middle schools across the Sacramento region should encourage girls in grades 3 to 8, inclusive, to get involved and participate in a nearby Girls on the Run program; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the author for appropriate distribution.