



SOROPTIMIST
Best for Women

Soroptimist International of Sacramento, Inc.

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Guest Speaker for March 19 Submitted by Karen Smith

Our featured speaker on Friday, March 19th is Brigida Harrison, mother, coach and board member of Girls on the Run of Greater Sacramento.

Brigida's involvement in Girls on the Run (GOTR) began in 2013 when her daughter signed up for what she thought was just an after-school running program. As a lifelong runner, Brigida was excited to see her daughter's passion for the sport grow. She also realized that what her daughter got out of the program was so much more than running. Two years later, Brigida became a coach for Girls on the Run and saw first-hand the impact the program makes on young, adolescent girls. GOTR has been lifechanging not only for the girls but also for Brigida. She made a commitment to continue the mission of the program by joining the Board of Directors in 2018 as the Director of Business and Community Relations where she continues to serve today.

Girls on the Run is an after-school program that meets twice a week in small teams and teaches life skills through dynamic, interactive lessons and running games. The curriculum is taught by certified Girls on the Run coaches, like Brigida, and includes three parts: understanding ourselves, valuing relationships and teamwork and understanding how we connect with and shape the world at large. The program is a 10-week program that culminates every year with a 5k run in May. Girls on the Run® is a 501(c)3 non-profit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.