



# Girls on the Run®

# HELLO, SUPERSTAR!

Enhanced curriculum now available!

## Bring GIRLS ON THE RUN to your school

### Who We Are



Girls on the Run is a nonprofit that creates and offers evidence-based empowerment programs that help third- to eighth-grade girls build confidence, address negative issues, and deepen vital physical, mental, emotional, and social life skills.

Girls on the Run of the Greater Chesapeake is the local nonprofit council that delivers programming in Anne Arundel, Baltimore, Charles, Calvert, St. Mary's counties, Baltimore City, and the Eastern Shore of Maryland.

### Impacts of GOTR

By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community projects
- Intentional goal-setting activities



...she gains these FOR LIFE.

- Deep inner strength
- Meaningful connection to others
- Foundation of physical health
- Empathy and respect for those around her
- Confidence to pursue dreams of all sizes

# GIRLS NEED GOTR

Here's why:



Girls' self-confidence begins to drop **by age nine**.



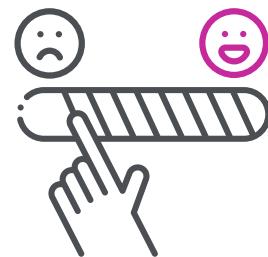
Physical activity starts to decline **at age ten** and continues to decrease as girls age.



**50% of girls** ages 10 to 13 experience bullying.



**Only 24%** of six- to 17-year-olds participate in at least 60 minutes of physical activity every day.



**57% of U.S. teen girls** felt **persistently sad or hopeless** in 2021 – double that of boys and representing a nearly 60% increase over the past decade.



## OUR PROGRESS IS POWERFUL!

- Girls on the Run of the Greater Chesapeake annually serves more than 2,500 participants.
- Since 2005, more than 26,000 teammates have participated in our program.
- More than 500 volunteers (including caring coaches) support, uplift, and inspire our girls every year.
- Over 4,500 participants and spectators attend our 5K Celebrations every year.

# Transforming Lives

IT'S WHAT WE DO

## Two programs, one life-changing impact.

Girls on the Run is the only physical activity-based, positive youth development program for girls with a research-based curriculum, trained coaches, and a commitment to serving all girls.

Every practice, coaches lead teams through fun and engaging activities that innovatively blend social emotional life skills with physical movement.



### Girls on the Run: Grades 3-5

- Understand ourselves, value teamwork, and recognize our impact on the world.
- Set and achieve goals, nurture emotional health, connect with others, and appreciate healthy habits.



### Heart & Sole: Grades 6-8

- Learn how to develop a strong support system, foster healthy relationships, and offer help to those in need.
- Understand the important connection between body, brain, and heart.

The data – and participant voices – say it all!



**98%**  
**OF PARTICIPANTS**

said they had fun at their Girls on the Run practice.



**98%**  
**OF PARTICIPANTS**

said they would tell their friends to participate in Girls on the Run.



**97%**  
**OF PARTICIPANTS**

said they learned things at Girls on the Run that are important to them.

# HOSTING A TEAM:



## Provide a Site

- Offer a safe, accessible outdoor place with a restroom (and a designated indoor space for inclement weather)
- Accommodate a regular practice schedule 2 times a week for 75-90 minutes); additional 1-day 2 hour model for Heart & Sole (6th - 8th)



## Secure a Site Liaison

- Act as the main site contact for families, participants, and GOTRGC team
- Help recruitment efforts and distribute marketing materials
- Provide families with registration assistance
- Identify 2-3 coaches from your site and/or community\*



## Secure Coaches (do not have to be runners or athletes)

- Complete National Coach Training
- Receive season-long support, resources and tools from GOTR
- Create positive, trauma-sensitive and inclusive environments
- Lead teams through curriculum with co-coaches
- Are committed to seeing girls in their community grow, have fun and become leaders of tomorrow

At a time when girls may be struggling to fit in or find their voice, our programs reassure them that they belong.

By hosting a team, you will inspire girls to embrace their individuality, make new friends, and find joy in movement.

\*If you cannot secure coaches, Girls on the Run will share coach recruitment language with you to identify coaches from your community.



# COST & FINANCIAL ASSISTANCE



## Program Cost

Our current program cost is \$175 per participant, which includes:

- 16 lessons led by trained coaches
- Program curriculum, materials, and journals
- Program supplies
- Program t-shirt & keepsake
- 5K event registration, medal and 5K experience

## Financial Assistance

### EVERY GIRL DESERVES TO CROSS THE FINISH LINE

Financial assistance is available to families who cannot pay the full registration fee. Girls on the Run of the Greater Chesapeake is proud to provide 65-70% of girls with financial assistance each year. We are committed to being accessible to any girl who wants to participate and are dedicated to ensuring that program cost is never a barrier to participation.

At Title 1 schools, the cost per girl may vary. We work to offset fees as much as possible by engaging the support of local partners and funders and working with the site.

### EVERY STEP OF THE WAY

## Program sites can count on GOTR for:

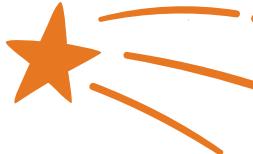
- Marketing and registration materials
- Parent/guardian communications
- National Coach Training (led by trained facilitators)
- Curriculum materials and coach supplies
- Program t-shirt and 5K participation, medal and 5K experience
- Ongoing support to site liaisons, coaches, and families



## NEXT STEPS

### Are you ready to join the GOTRGC community?

1. Submit site application  
[www.gotrchesapeake.org/start-team](http://www.gotrchesapeake.org/start-team) (opens March 2026)
2. Identify site liaison and coaches
3. Confirm site practice schedule
4. Share GOTR marketing materials to help register girls



**Site application due date: JUNE 12, 2026**

**FALL season program start date: SEPTEMBER 21, 2026**

**Celebratory 5K event date: NOVEMBER 22 (UMBC)**

**Eastern Shore 5K on May 5, 2026 (PIRATE'S WHARF PARK)**



**We are excited for you to join us and need your help!**

Your involvement plays a vital role in building self-confidence in girls. As a result, your community and the world beyond it will become a better, more welcoming place.

With your involvement, that better tomorrow can be filled with girls who nurture their emotional and physical health, boldly follow their dreams, and become adults who lead with integrity, empathy, and kindness.

**Apply To Host a Site**  
**[www.gotrchesapeake.org/start-team](http://www.gotrchesapeake.org/start-team)**

**We are here to help!**

Contact Girls on the Run of the Greater Chesapeake  
[rachael.jarrell@girlsontherun.org](mailto:rachael.jarrell@girlsontherun.org) or 410.635.9313.