

# We all belong at the *finish line*



**Bring Girls on the Run to your school,  
neighborhood or community!**



# Who We Are

Girls on the Run is an international nonprofit that offers programs to strengthen third- to eighth-grade girls' social, emotional, physical, and behavioral skills. Girls on the Run is one of the only youth development programs with compelling evidence that proves participants learn life skills and then use them in other aspects of their lives.

## We take pride in our progress:

- Each year, more than 200,000 girls ages 8 to 13 participate across the United States and Canada.\*
- Since 1996, over 2 million girls have been transformed, inspired and empowered by the program.
- With more than 330 5K events taking place annually, GOTR is largest 5K series (by number of events) in the world.\*
- Over 600,000 participants and spectators attend GOTR 5Ks every year.\*



"The lessons reinforced through GOTR really helped strengthen my daughter Elyana's character. I am very proud to have watched Elyana flourish and learn to love and accept herself and even more importantly, become proud of what makes her unique."

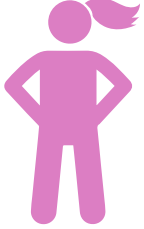
*-Diane, parent*

*\*Pre-pandemic statistics. We look forward to building back stronger.*





# A Critical Need

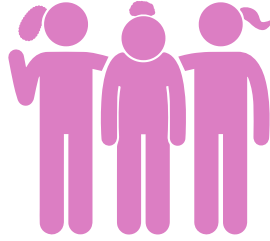


Since the start of the COVID pandemic, 79% of girls feel lonelier and more depressed.



50% of girls ages 10 to 13 experience bullying.

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



Physical activity declines starting at age ten and continues to decrease as girls age.






**The U.S. Surgeon General recently highlighted the urgent need to address the nation's youth mental health crisis, stating that "the future wellbeing of our country depends on how we support and invest in the next generation."**

The Girls on the Run curriculum empowers girls to build confidence and successfully navigate life experiences. Over the course of the program, physical activity serves as a platform for teaching interpersonal skills and promoting holistic health outcomes.



# Why Girls on the Run?

**Evidence-based research from leading youth development experts has proven that Girls on the Run:**

- Builds confidence 
- Prompts independent thought and intentional decision-making 
- Strengthens self-respect
- Establishes a life-long appreciation for health and wellness
- Enhances girls' ability to stand-up for self & others 
- Fosters healthy relationships

These clear outcomes to social-emotional learning goals are just one aspect of GOTR key differentiator to other afterschool programs.





# What Sets Girls on the Run Apart

**Intentional curriculum, expert coaches and an inclusive environment all lead to a long-term impact.**

Girls on the Run programming is continuously evaluated, both internally and externally. Recent Studies uncovered that:

**97% of girls** learned critical life skills they can use at home, school and with friends.  
**85% of girls** improved their confidence, caring, competence, character and connection to others.

**98% of girls** would tell other girls to participate in Girls on the Run.

**94% of parents** reported Girls on the Run was a valuable experience for their girl.

**97% of girls** felt like they belonged at Girls on the Run.

GOTR participants scored higher in **managing emotions, resolving conflict, helping others and making intentional decisions** than participants in organized sports or physical education.



"This program is amazing. My daughter participated for three years and now volunteers and still does the 5K. Girls on the Run is a safe space for her to discuss the complicated issues preteens and teens dealing with. The faces on the girls when they cross the finish line are absolutely amazing. They know they've really accomplished something."

*-Robin, parent*

# An Ongoing Commitment to Inclusion, Diversity, Equity and Access (IDEA)

**Advancing IDEA is foundational to our mission.**

A recent external program review study found participants, families and coaches felt that Girls on the Run was inclusive, promoted diversity, and was accessible and equitable.

**97% of girls** felt like they belonged at Girls on the Run.

**Nearly 100% of girls** agreed they felt safe at Girls on the Run and that their coaches cared about them.

**97% of girls** agreed they could be themselves at Girls on the Run and felt included in all GOTR activities they wished to participate in.

**100% of caregivers** who reported that their child required accommodations to fully participate agreed that their child could participate equally to their peers.

**98% of caregivers** agreed that their child felt physically, emotionally and socially safe at Girls on the Run and included in all GOTR activities they wished to participate in.

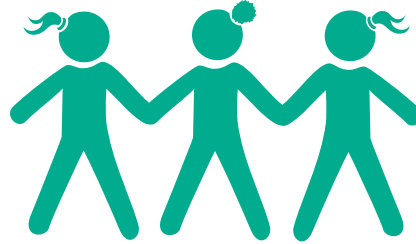


# Transforming Lives

**Three programs, one life-long impact.**

At the heart of our programs are:

- Intentional evaluation
- IDEA-focused approach
- Evidence-based curriculum
- Nationally trained coaches
- Social-emotional skill development
- Physical activity accessible for all ability levels
- Community service involvement



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

The research-based curriculum includes:

- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large

The program unleashes confidence through:

- Setting and achieving goals (like the 5K)
- Making new friendships
- Participating in community service work
- Empowering girls to appreciate the value of healthy habits

## **Heart & Sole: Grades 6-8**

- Focuses on five key parts: body, brain, heart, spirit, and connection with others
- Incorporates movement-based activities and lessons that instill critical life skills such as:
  - Developing a strong support system
  - Fostering healthy relationships
  - Offering help to those in need

## **Camp GOTR: Grades 3-5**

- Is a week-long program
- Centers on building friendships, exploring creativity and playing fun games that keep girls happy, healthy and moving
- Ensures girls remain active and empowered in between seasons



# Girls on the Run Coaches

## Leaders. Volunteers. Mentors.

Girls on the Run and Heart & Sole Coaches:

- 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
- Do not have to be runners or athletes
- Are committed to seeing girls in their community grow, have fun and become leaders of tomorrow.



"From the girls I coach, I have learned a little bit more about myself and a whole lot about the power we have as adults to encourage and motivate the next generation."

- Cassie, coach

# Costs and Financial Assistance

## Program Cost

Our current program fee is \$150 per participant, which includes:

- 10 weeks/20 lessons led by trained coaches
- Curriculum materials
- Program t-shirt
- 5K event registration

## 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 Central Iowa is proud to provide over \$42,000 in 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.

Financial assistance is available to girls due to the generous support of local and national funders. We use sliding fee scale based on household income to determine the discounted rate for each girl. Families are also able to set up payment plans if needed.



# Resources Provided by Girls on the Run

**Before the first practice to the 5K finish line,  
Girls on the Run is there.**

Program sites can count on:

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



"Girls on the Run is an excellent program that allows girls to become physically fit while learning to have confidence and learn about character development.

*- Penni, principal*



# How to Get Involved

**Join us in making a difference as a site and/or site liaison.**

Providing an environment for girls to learn meaningful skills, form new friendships and become their most authentic selves lays the groundwork for a better, more inclusive world for all. Will you help us create pathways for more girls to become future changemakers?

## Site Requirements

- Offer a safe and accessible outdoor place (and restroom).
- Provide a designated accessible indoor space in case of inclement weather.
- Accommodate a regular practice schedule 2 times a week for 75-90 minutes.
- Assist in identifying a site liaison.

## Site Liaison Requirements

Site liaison responsibilities include:

- Acting as the main site contact for families/participants and Girls on the Run council staff.
- Aiding in recruitment efforts by distributing marketing materials (provided by GOTR).
- Offering support to families who need registration assistance.
- Identifying 2-3 coaches from your site and/or community\*

*\*If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.*



# Next Steps

## Are you ready to join the GOTR community?

Invest in tomorrow's leaders! Kick off this new and exciting chapter by completing the following steps:

- Submit site application at [gotrcentraliowa.org/start-site](http://gotrcentraliowa.org/start-site)
- Identify Site Liaison
- Confirm your site's practice schedule
- Use GOTR marketing materials to help register girls

## Mark these important dates on your calendar!

- New site application due date: June 15
- Fall 2022 program start date: Week of Sept. 12
- Celebratory 5K event date: Nov. 13

We look forward to collaborating with you on this incredible journey. Your role in this program is pivotal to so many girls' futures. Because of your investment, many more girls will have the confidence to follow their dreams, defy societal norms and create healthy habits that last a lifetime.

## Questions?

## We are here for you!

Please contact Christa at  
[christa.vanderleest@girlsontherun.org](mailto:christa.vanderleest@girlsontherun.org)



"The experience my daughter, Lana, gained from Girls on the Run helped her realize that she could participant in any activity with fellow peers and work toward independence by building strength, a strong sense of self and more confidence in who she was and who she always desired to be."

- Sabrina, parent