



START A TEAM OVERVIEW

SPRING 2027



WHAT IS GIRLS ON THE RUN?

Girls on the Run is a girl-centered program that supports the whole girl: socially, emotionally, and physically. Using an evidence-based curriculum, trained and caring coaches help girls to:

- ✓ BUILD CONFIDENCE
- ✓ DEVELOP VITAL LIFE SKILLS
- ✓ FIND JOY IN MOVEMENT



WHEN IS IT?

Sites are signing up now. Coaches register from November to March and girls begin signing up **January 31st** before our fall season begins on **March 15th**.

Teams of 3rd - 5th graders OR 6th - 8th graders meet for 90 minutes twice a week for 10 weeks as they prepare for 5K weekend, **May 22nd**.



WHERE DO TEAMS PRACTICE?

GOTR programs are hosted at locations across Lancaster and Lebanon, including schools, community centers, places of worship - **anywhere girls are!**

WHO CAN COACH?

Coaches are caring volunteers who bring energy, encouragement, and fun.

You don't need to be a runner – just someone who believes in uplifting the next generation. Training, tools and ongoing support are provided, and many coaches say they get as much out of the experience as the girls do.

WHAT DOES A HOST SITE PROVIDE?

- Safe outdoor place for running, plus an indoor backup, both with accessible restrooms
- Regular practice schedule (2x/week, 90 minutes, start and end dates with GOTR season)
- Site liaison to coordinate logistics and help recruit 3 volunteer coaches and 8-20 participants - Site Liaison can be a coach too!

WHAT DOES GIRLS ON THE RUN PROVIDE?

- Site application and onboarding
- Coach registration, screening, training, and ongoing support
- Research-based curriculum and all materials
- Recruitment tools and multilingual outreach
- GOTR gear (t-shirt, journal, cinch sack)
- A joyful end-of-season 5K celebration Year-round connection and support

SPRING SEASON DATES

October: Site Registration Open!

November: Coach Registration Open!

Jan 31st: Girl registration lottery opens (for sites with at least 3 confirmed coaches)

Feb./March: Coach training sessions

Week of March 15th: Season begins

May 22nd: 5k Celebration - Greenfield
9:00am Start

ACCESSIBLE & INCLUSIVE

To help create a space of belonging for everyone, we offer things like:

- Pay-what-you-can model with automatic, confidential financial aid (families may pay anywhere from \$0 - \$230).
- Running shoes, pants, and sports hijabs available at no cost if needed by participants.
- Materials available in multiple languages (*English, Spanish, French, and more*).
- Disability adaptations and support so every girl can fully participate.

NEXT STEPS

If you're ready to go, the next step is to submit a site application ASAP!
We'd love to have you involved!



SITE APPLICATION!

"I witnessed first-hand our students engage with and benefit from each lesson and practice. The culminating 5K event was spectacular and the smiles on our girls, their 5K Buddies, and family members provided evidence of the positivity the GOTR program affords our students." - Principal

Questions? Let's connect! • khoman@gortrlancaster.org