

INFORMATION FOR SITES

SPRING 2026



Girls on the Run Snohomish County

Welcome to Girls on the Run®



Thank you for your interest in partnering with Girls on the Run of Snohomish County to empower girls and gender-expansive youth in our community. Please review this packet, complete the Partnership Agreement Form on the last page of this packet and email a scan or photo of it to leah.bernstein@girlsontherun.org.

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.

At Girls on the Run of Snohomish County, "girls" is used as a gender-expansive term to embrace any and all girl-identified youth, including, but not limited to, trans girls, cis girls, non-binary youth, gender non-conforming youth, gender queer youth and any girl-identified youth.

Girls on the Run of Snohomish County is committed to doing active anti-racism work. We strive to create a program and environment that is inclusive and safe for all who participate. We commit to doing our part to dismantle white supremacy within ourselves, our organization and our community.



WHY GIRLS ON THE RUN?

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

Prompts independent thought and intentional decision-making

Builds confidence



Strengthens self-respect



Enhances girls' ability to stand-up for self & others

Fosters healthy relationships



Establishes a life-long appreciation for health and wellness



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





TRANSFORMING LIVES

At the heart of our programs are:

Evidence-based curriculum

Nationally trained coaches

Intentional evaluation

IDEA-focused approach

Physical activity accessible for all ability levels

Social-emotional skill development

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



Our curriculum expands our evidence-based lessons and helps participants:

- Build the confidence to believe in themselves
- Take on challenges - even when it is hard
- Strengthen their resilience with stick-with-it strategies
- Develop life skills like choosing friends, learning from mistakes, and working together to make a difference in their community

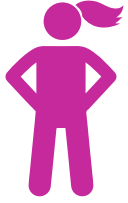
Over the course of the program, physical activity serves as a platform for teaching interpersonal skills and promoting holistic health outcomes.

Questions? We are here for you!

Please email info@girlsontherunsno.org



A CRITICAL NEED



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



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

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



50% of girls ages 10 to 13 experience bullying.



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."

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 felt like they belonged at Girls on the Run.

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.

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

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.

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.

A ONE-OF-A-KIND 5K CELEBRATION!

Each Girls on the Run season concludes with a joyful and fun non-competitive 5K Celebration.

This is a day where communities throughout the region come together to recognize just how far participants have come and how far they will continue to go. Everything girls have been working toward leads to this unforgettable day and, here, they have the chance to show off their hard work.

Thanks to your role as a site host and supporter of the 5K, team members can experience a tangible sense of accomplishment that inspires them to be the hero of their own stories.



HOW TO START A SITE

SITE & SITE LIAISON DUTIES

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.

Site Requirements

- Offer a safe and accessible outdoor place (and restroom)
- Provide a designated accessible covered or indoor space in case of inclement weather
- Accommodate a regular practice schedule (2 times a week for 90 minutes each)
- Have a designated Site Liaison
- Have a coaching team of at least 3 adult coaches (there must always be 2 adult coaches at every practice)

Site Liaison Responsibilities

- Act as the main site contact for families/participants and Girls on the Run council staff
- Submit an online Site Application (NEW SITES ONLY) before March 6, 2026
- Complete and submit the Partnership Agreement (the last page of this document) by March 13, 2026. (ALL SITES)
- Promote and assist with coach recruitment for the site
- Aid in recruitment efforts by distributing provided marketing material and spreading the word about Girls on the Run throughout the school or site community
- Offer support to families who need registration assistance

COACH. VOLUNTEER. MENTOR.

Each Girls on the Run and Heart & Sole team is facilitated by 3 or more volunteer coaches who:

- Complete National Coach Training
- Lead teams through curriculum with co-coaches
- Create positive, trauma-sensitive and inclusive environments
- Receive season-long support, resources and tools from GOTRSnoCo
- Do not have to be runners or athletes!
- Are committed to seeing girls in their community grow, have fun and become leaders of tomorrow



COST AND FINANCIAL ASSISTANCE

Girls on the Run is open to ALL girls and gender-expansive youth in 3rd-8th grades. Teams are limited to 15 participants and registration is on a first-come, first-served basis. Program registration for Spring 2026 will open February 6, 2026.

Program Cost

Registration is done online beginning February 6, 2026. The online form can be viewed in English and Spanish. We will work with site liaisons to ensure registration is accessible to anyone who wants to join.

The full cost of the Girls on the Run program for one participant is \$495. We value accessibility and therefore our full registration fee is \$250 per participant and includes:

- 8 weeks/16 lessons plus final celebration led by trained coaches
- Curriculum materials and activity supplies
- Snacks at every practice
- Program t-shirt, journal, and keepsakes
- 5K event registration and finisher's medal

Financial Assistance

Thanks to the generous support of local and national funders, financial assistance is available to families who cannot pay the full registration fee. Our financial assistance reduces the registration fee to \$25 for free lunch recipients and \$100 for families who receive reduced lunch benefits. Families simply select the level of assistance when registering their participant. Participants on free lunch can also request free running shoes by indicating need when registering. We also offer payment plans at all registration fee levels.

We are committed to being accessible to any girl in 3rd-8th grade who wants to participate and are dedicated to ensuring that program cost is never a barrier to participation.

WE BELIEVE EVERY GIRL DESERVES TO CROSS THE FINISH LINE!

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:

- If your site has not hosted a team yet, please submit a New Site Application online at GirlsontheRunSnoCo.org/Start-Team
- Identify a Site Liaison (school staff member, parent/guardian of student, etc.)
- Submit Partnership Agreement Form including your site's practice schedule. (See next page)



Girls on the Run of Snohomish County

2026 Partnership Agreement Form

Our school or site, _____ is committed to hosting a Girls on the Run or Heart & Sole team and agrees to the details outlined in the partnership agreement below.

Spring 2026 Season — Important Dates

- New Site Application Open Now!
- New Site Application Deadline: March 6
- Coach Application Deadline: March 9
- Partnership Agreement Deadline: March 13
- In-person training sessions for new and returning coaches in February & March. Dates and locations TBD.
- Season start: Week of April 13 (Practice days and times vary by site and by school district.) Each site will receive a schedule that takes into account holidays, early release days and other site-specific events.
- Celebration 5K: Sunday, June 7, 2026

Site Liaison Duties & Commitment

- Recruit 3 Coaches by March 9, 2026
- Actively market program to girls in grades 3-5/6 (GOTR) or 6-8 (H&S). Materials will be provided
- Select outdoor plus covered or indoor space for GOTR practice for the season. (GOTR staff will reserve with your district)

Describe space here:

- Communicate with coaches and GOTR staff as needed throughout pre-season and season.
- Return this form by March 13, 2026

Site Practice Details

☐ Girls on the Run ☐ Heart & Sole Practice Time: _____ (90 minutes)

Practice Days: ☐ Monday/Wednesday* ☐ Tuesday/Thursday ☐ Monday/Thursday

*Please Note: teams that choose a Mon/Wed schedule will need to add a practice on May 26th to make up for Memorial Day holiday on Monday, May 25th.

Site Name _____ School District _____

Address _____ City _____ State _____ ZIP _____

Site Liaison Name _____

Phone _____ Email _____

Site Liaison Signature _____ Date _____

Principal Signature _____ Date _____

Please email a signed copy of this form to
leah.bernstein@girlsontherun.org by March 13, 2026.

