

# We all belong at the **FINISH LINE**



Bring Girls on the Run to  
your school, neighborhood,  
or community and be a part  
of history as we celebrate  
our 25th Anniversary!

# 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.

## Benefits of Girls on the Run:

- **Physical Health:** The program encourages participants to be physically active by gradually building their running skills, which can lead to improved fitness levels, better endurance, and a lifelong love of physical activity. It also educates them on the importance of healthy eating habits.
- **Confidence & Self-Esteem:** Girls on the Run is renowned for boosting participants' self-esteem and self-confidence. Through discussions and activities, participants learn to recognize their unique qualities and appreciate their self-worth.
- **Life Skills:** The curriculum covers important life skills such as teamwork, communication, decision-making, and goal-setting. These skills are essential for personal growth and success both in and out of school.
- **Empowerment:** Participants learn to recognize and resist negative peer pressure, bullying, and societal pressures that can hinder their development. They gain the confidence to make positive choices.
- **Mental & Emotional Well-Being:** The program promotes emotional intelligence and resilience by teaching participants how to manage stress, handle emotions, and develop healthy coping mechanisms.
- **Social Connection:** Girls on the Run creates a supportive and inclusive environment where participants can make new friends, build strong relationships with coaches and peers, and feel a sense of belonging.
- **Community Engagement:** Participants design and implement a community impact project, giving back to their local community and learning the importance of volunteerism.
- **Leadership Development:** Girls on the Run encourages participants to take on leadership roles within the program, helping them develop leadership skills that can be applied in various aspects of their lives.
- **Positive School & Community Culture:** Implementing the program at your school or in your community can contribute to a more positive and supportive culture, as participants and their families become more engaged in school or community activities.
- **Long-Term Impact:** Research has shown that Girls on the Run alumni are more likely to have a positive body image, engage in physical activity, and demonstrate strong leadership skills.



"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**



# PROGRAMS & TIMELINE

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

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: Elementary School, Grades 3-6

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 participants to appreciate the value of healthy habits



## Heart & Sole: Middle School, 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

**FALL 2025  
SEASON  
TIMELINE**

- **Site RSVP due by: August 22nd**
- **Registration Opens: August 25th**
- **Season Starts: September 22nd**
- **5K Weekend: November 22nd & 23rd**



# PRACTICE BREAKDOWN



## Check-In & Getting Onboard

Coaches welcome the team for the day and introduce the theme or Big Idea for practice

**Warm-Up Activity**  
Participants engage in a fun team-building exercise or game that reinforces the practice theme



**Workout**  
Participants run, walk, roll, skip, or hop laps, building their endurance and continue to explore the practice theme

**Processing & Wrap-Up**  
The team journals what they learned at practice and build unity through a team closing ritual



Coaches prioritize making Girls on the Run and Heart & Sole practices a safe, inclusive environment. Coaches are trained on trauma-informed best practices and accommodations for participants with differing abilities. Their goal is to foster authentic relationship building between participants, making practice a fun, secure place for all.

## Curriculum Details

- **All About Me:** In the first group of lessons, participants learn about themselves, their values, likes and dislikes, what makes them unique, and who they envision themselves to be.
- **Building My Team:** The second group of lessons concentrates on team building, healthy friendships, being supportive, and learning to listen and cooperate.
- **Community Begins with Us:** The last set of lessons relates to the world at large and gets the team to think about how they can collaborate to make an impact in their community through an impact project.



# GETTING STARTED

Teams are hosted at elementary and middle schools, recreation and community centers, churches, apartment complexes, and HOAs across Northern Virginia. GOTR fully supports teams and coaches, providing all team curriculum and supplies in addition to ongoing guidance and strategies for team success.

## Site Requirements

- Approval from Principal or Site Director to host the program.
- Offer a safe and accessible outdoor place for practice and a designated indoor space in case of inclement weather.
- Accommodate a regular practice schedule 2 times a week for 60-90 minutes.
  - Heart & Sole teams can opt into a once-a-week practice schedule, meeting for a minimum of 2 hours
- Provide a Site Liaison to act as the site contact for the team. Site Liaisons also recruit participants to the team.
- Site Liaison assists in identifying 2-3 team coaches.\*
  - Coaches do not have to be runners or have experience.
  - If the program is being held at a school, at least one coach must come from the school community (staff or parent).

## Team Size

- The minimum team size for viability is 8 participants and the limit is determined by the number of team coaches following a one coach to eight participant ratio.
  - 2 trained coaches = up to 20 roster spots
  - 3 trained coaches = up to 24 roster spots
  - 4 trained coaches = up to 32 roster spots

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



# COST & FINANCIAL ASSISTANCE

## Girls on the Run is committed to ensuring our program is accessible for ALL.

The standard registration fee to participate in GOTR NOVA is \$210, however, we offer a sliding scale based on household income to best meet our participants needs. Each registration fee includes a participant's full season of lessons and entry into the 5K, a t-shirt, and a GOTR giveaway item. GOTR NOVA will never turn a participant away due to financial restraints and will work one on one with families to find a solution that best fits their needs.

- Household income greater than \$150,000.....**\$210**
- Household income between \$125,000 - \$149,999.....**\$185**
- Household income between \$100,000 - \$124,999.....**\$145**
- Household income between \$75,000 - \$99,999.....**\$75**
- Household income less than \$74,999.....**\$22**

Alternative discounts may be applicable in certain situations. Families who are unable to pay the amount that corresponds to their household income level can apply for additional assistance through our financial assistance request form or contact our office.

Families may also opt to pay their registration fee via Payment Plan which allows for two or three installments.



"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 deal with. The faces on the girls when they cross the finish line are absolutely amazing. They know they've really accomplished something."

**-ROBIN, PARENT**



# 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:

- ❑ Identify a Site Liaison
- ❑ Determine your team's practice schedule
- ❑ Submit Site RSVP & Site Liaison Forms
- ❑ Schedule a Team Planning virtual meeting
- ❑ Use GOTR marketing materials to help register girls



## Mark these important dates on your calendar!

- New site application due date: **August 22, 2025**
- Registration opens: **August 25, 2025**
- Fall program start date: **September 22, 2025**
- Celebratory 5K event date: **November 22nd & 23rd, 2025**

We look forward to collaborating with you on this incredible journey. Your role in this program is pivotal to the future of many participants. Because of your investment, these participants 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 Ashleigh Conrad, Engagement Manager at [aconrad@gotrnova.org](mailto:aconrad@gotrnova.org).



"The experience my daughter, Lana, gained from Girls on the Run helped her realize that she could participate 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**

