

BRING Girls on the Run® TO YOUR SCHOOL OR SITE!



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 and deepen vital physical, mental, emotional, and social life skills.

Impacts of GOTR

By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community service 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

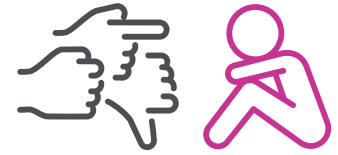
Here's why:



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



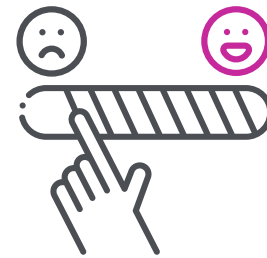
Physical activity starts to decline at age ten and continues to decrease as girls age.



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 serving Maricopa & Pinal Counties annually serves more than 1,400 participants.
- Since 2004, more than 20,000 girls have participated in our programs.
- More than 600 volunteers (including caring coaches) support, uplift, and inspire our girls every year.
- Over 7,000 participants and spectators attend our 5K Celebration each 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 lesson, coaches lead teams through fun and engaging activities that innovatively blend social and 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.

Program Structure (One option): 10 weeks, 20 lessons
Lessons are held twice a week on non-consecutive days for at least 90 minutes per lesson



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.

Program Structure (Two options): Both 10 weeks

- Option 1: 20 lessons, Lessons are held twice a week on non-consecutive days for at least 90 minutes per lesson
- Option 2: 10 lessons, Lessons are held once a week for at least 120 minutes per lesson



GET INVOLVED WITH GOTR


HOSTING A TEAM:

✓ Provide a Site


- Secure a safe, accessible outdoor space in which to hold lessons (with access to a restroom)
- Confirm access to a designated indoor space for inclement weather if/when needed (for example a gym, cafeteria or multi-purpose room)
- Accommodate a regular lesson schedule

✓ Secure a Site Liaison

- Act as the main site contact for families, participants, and council staff
- Attend a Site Liaison Kickoff Meeting in late September/early October
- Help recruitment efforts and distribute marketing materials (provided by GOTR)
- Provide families with registration assistance
- Identify 3 coaches from your site and/or community*



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.

*[*Learn more about the GOTR Coach Role here.](#)*

Coaches receive all the training, tools and support they need to succeed in their role and often find that they get as much out of coaching as they give.

If you cannot secure enough coaches, have no fear, though! Girls on the Run can work with you to identify coaches from our volunteer pool.



How GOTR SUPPORTS You



EVERY STEP OF THE WAY

Program sites can count on GOTR for:

- Marketing and registration materials
- National Coach Training (led by trained facilitators)
- All curriculum materials and coach supplies
- Parent/Guardian communications and tools
- Ongoing support to site liaisons, coaches, and families
- Financial aid for families so that EVERY interested girl can participate



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.




COST & FINANCIAL ASSISTANCE

PROGRAM FEE


There is no fee to start a Girls on the Run team at your school or site.

Our current program fee is \$225 per participant, which includes:

- 10 weeks of lessons led by trained coaches
- All curriculum materials and program supplies
- An engaging program journal for girls to connect with lesson themes
- Grown Up Guides for all parents/guardians
- Healthy snacks at each lesson
- Program T-shirt and water bottle
- 5K event registration
- 5K finisher medal
- End-of-season celebration
- Less visible things like background checks, insurance, support to coaches, program administration, 5K expenses, site facility fees, etc.
- Tools and lessons that will last a lifetime



Every girl deserves to cross the finish line! We never want the program fee to be the reason a girl can't participate in GOTR programs and provide automatic fee waivers via scholarships to all in need.



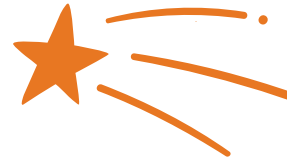
The actual cost of program delivery is more than \$450 per girl, and we are grateful to the sponsors and donors whose contributions help us work to make Girls on the Run as accessible as possible for all.

Financial assistance is available to families who cannot pay the full registration fee. The process is easy, quick and automatic. We are proud to provide over \$130,000 in program scholarships each year.

Girls on the Run is committed to serving every interested girl, and we are dedicated to removing any barriers to access so that all girl can benefit from our life-changing programs.



NEXT STEPS



Are you ready to join the GOTR community?

1. Identify a Site Liaison (often a teacher, parent or school/site staff member)
2. Secure approval from your Site Director or Principal to host a team at the site
3. Confirm your site lesson schedule
4. Site Liaison submits Site Application: [Spring 2027 Site Application](#)
5. Coaches each submit Coach Applications: [Spring 2027 Coach Applications](#)

Following receipt of your Site Application, the GOTR team will connect with you to further plan for the fun and impactful season ahead.



Site Application due date: October 1, 2026

Coach Application due date: October 1, 2026

Lessons begin: Late January/Early February, 2027

Celebratory 5K event date: April 2027

We are so excited for you to join us!

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.

Thanks to YOU, 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.



Questions? Does your site have unique needs?

We are here to help!

Please contact Cori Teeter at cori.teeter@gotrmc.org or 602-795-6572 x1

