

We all belong at the

FINISH LINE

Girls on the Run®



BRING GIRLS ON THE RUN TO
YOUR SCHOOL, NEIGHBORHOOD
OR COMMUNITY!

Girls on the Run serving Maricopa and
Pinal Counties 602-795-6572 x 1
Cori.Teeter@gotrme.org

WHO WE ARE



Girls on the Run is an international nonprofit that offers programs to strengthen third- to eighth-grade girls' social, physical, emotional, 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 the 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.*



TRANSFORMING LIVES

Two programs, one life-long impact.

At the heart of our programs are:

Evidence-based curriculum

Nationally trained coaches

Intentional evaluation

Physical activity accessible for all ability levels

Life skill development

Community service involvement



Girls on the Run: Grades 3-5

The research-based 10-week 20 lesson 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

Program Structure: 1 option

- 10 weeks- 20 lessons- 90 minute lessons



Heart & Sole: Grades 6-8

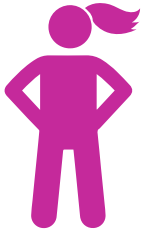
The research-based 10-week curriculum includes:

- Focusing on five key parts: body, brain, heart, spirit, and connection with others
- Incorporating 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

Program Structure: 2 options

- 10 weeks- 20 lessons- 90 minute lessons
- 10 weeks- 10 lessons- 120 minute lessons

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 10-week 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:

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 outcomes are just one aspect of GOTR that is a 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 felt like they belonged at Girls on the Run.

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.

97% of girls learned critical life skills they can use at home, school and with friends.

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



"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

AN ONGOING COMMITMENT

TO PROVIDING A SAFE SPACE FOR ALL GIRLS



Supporting ALL girls is foundational to our mission



- 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.





GIRLS ON THE RUN COACHES

LEADERS. VOLUNTEERS. MENTORS.



Girls on the Run and Heart & Sole Coaches:

- New Coaches Complete National Coach Training with online modules and in person training
- Receive season-long support, resources and tools from GOTR
- Create positive, trauma-sensitive and safe 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

COST AND FINANCIAL ASSISTANCE

★ Program Cost

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
- Healthy Snacks at all lessons
- Girls on the Run or Heart & Sole program T-shirt and water bottle
- Registration for the 5K event for every girl registered
- Finisher's 5K medal
- Celebration banquet
- Sponsor Giveaways
- 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

Financial Assistance

EVERY GIRL DESERVES TO CROSS THE FINISH LINE

The actual cost of program delivery is more than \$400 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. Girls on the Run serving Maricopa and Pinal Counties is proud to provide over \$130,000 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.

If you have any questions or concerns about program fees please reach out to our Program Manager, Cori, at cori.teeter@gotrmc.org. We will be happy to discuss further and explain registration fees and our easy scholarship process built into Girl Registration.



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 materials to drive girl recruitment and registration
- National Coach Training (led by trained facilitators) for all Girls on the Run coaches
- Ongoing connection to site liaisons, coaches, and families through regular communication and responsiveness to individual needs
- Grown Up Guides for families: a general overview of each of the lessons is included in the guide as well as questions and conversation starter that families can use at home to reinforce learning goals from the curriculum
- Financial Aid: We offer our programs to all girls regardless of their ability to pay, providing simple and immediate scholarships for all families in need via the online registration form.



"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.

Site Requirements

- Offer a **safe and accessible outdoor place** for running (such as a track, soccer field, backyard or any other accessible open space)
- Provide a **designated accessible indoor space** in case of inclement weather (such as a gym, cafeteria, multi-purpose room or classroom)
- Accommodate a **regular practice schedule** (two times a week for 90 minutes on non-consecutive days), according to the Girls on the Run program calendar. Heart & Sole Teams have the option to meet once a week for 120 minutes
- Assist in identifying a site liaison.

Site Liaison Requirements

Site liaison responsibilities include:

- Act as the main site contact for families/participants and Girls on the Run council staff.
- Aid in recruitment efforts by distributing marketing materials (provided by GOTR).
- Offer support to families who need registration assistance.
- Identify 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:

- Identify a Site Liaison (teacher, parent, community member, etc.)
- Get approval from the Site Director or Principal to host a team at the site.
- Submit Site Application. [Spring 2026 Site Application](#).
- Submit Coach Applications. [Spring 2026 Coach Applications](#).



Mark these important dates on your calendar!

- October 1, 2025: Site and Coach Applications due
- November 1-30, 2025: General Registration period for girls
- December 5, 2025: Late Registration for girls opens on a first come first served basis only for teams with space remaining. A late fee of \$10 will be added to registration fees including all scholarship levels for the remainder of registration. This late fee covers the added expense of adding a girl to the team after the General Registration period.
- Late January/ Early February, 2026: Program will start for teams (start date dependent upon your site calendar)
- April 2026: Celebratory 5K event



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 the Girls on the Run serving Maricopa and Pinal Counties Program Manager, Cori Teeter, at Cori.Teeter@gotrnc.org or call 602-795-6572 x 1



"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**

