



Become a part of

Girls on the Run Northwest Ohio

Since 2012, Girls on the Run of Northwest Ohio has served over 6,000 girls in our 14-county territory. We are dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our 10-week programs drive transformative, sustained change in the lives of third to eighth grade girls across Northwest Ohio.

Our Programs = Limitless potential for every girl

Girls on the Run of Northwest Ohio currently offers both Girls on the Run (GOTR) for 3rd through 5th grade girls and Heart & Sole (H&S) for 6th through 8th grade girls. No girl is ever turned away due to the inability to pay. We have multiple curriculums which we offer on a rotating basis over the seasons.



3rd, 4th and
5th grade girls



6th, 7th and
8th grade girls

Program Overview

2 Seasons
Fall and Spring

Team

8 – 15 girls plus
two coaches

Practice Schedule

GOTR: Two 90-minute practices
per week for 10 weeks
H&S: One 120-minute practice
per week for 10 weeks

Curriculum

Our 10-week curriculum
covers 20 lessons. Each lesson
follows a similar format
while focusing on a specific
topic and set of
learning goals

Celebration

One awesome celebratory
5k for all program
participants!



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What Girls Learn

confidence

Lessons are designed to build girls' self-worth and help them feel greater confidence. Activities help girls recognize their personal strengths and teach them how to stand up for themselves and others.

care

Girls learn to respond to others and themselves with care and compassion. Lessons and activities further develop their abilities to sympathize and empathize within and beyond their social groups.

connections

GOTR lessons focus on cooperative skills and team building in a group setting. Girls learn how to create positive connections with parents and caregivers, teachers, peers and their communities.

character

By gaining awareness of the power they possess to make intentional decisions, girls learn to choose positive actions which demonstrate respect and responsibility toward themselves and others.

competence

GOTR provides skill-building experiences to nurture girls' physical, social and emotional competencies. Completing a 5K at the end of the season gives them a tangible opportunity to apply all they have learned.

Requirements to Start a New Site*

Provide a safe place for running.

This does not have to be a track. A field is fine; you will need to be able to measure off part of the area for occasions when lessons require running a certain distance, e.g. 1 mile, 5K.

Provide a rainy day/ inclement weather site.

This can be a (classroom, gym, etc.) reserved for GOTR/H&S that is not in conflict with other programs.



Provide two coaches.

We require two volunteer coaches at each site. It is advised to have three coaches in the event one coach cannot be at a session. The head coach must be a female adult; however, assistant coaches can be male. Coaches must complete all six steps in the "Becoming a Coach in Six Easy Steps" section of this packet. Two additional coaches must be provided if your site plans to have two teams.

Provide a site liaison.

The site liaison will serve as a link between the site and coaches, participants, and parents. It is preferred that the site liaison is an employee of the site but they can be one of the coaches. The site liaison is asked to complete our online volunteer application.

*The site's principal/ administrator's must provide permission to offer GOTR at the site and fully understand the requirements of the program.



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Ready. Set. Go!

Site

Complete your
online application
for site approval
via this link:

[Site Application](#)



Contact Info

We're here to help you be a part of Girls on the Run. If you have any questions or need more information, please contact us via via email at Program@GirlsOnTheRunNWOhio.org.