

Empower yourself by
inspiring others

**Become
a
GOTR
coach!**



Who we are



Girls on the Run is an international nonprofit that offers programming that strengthens third-to-eighth grade girls' social, emotional, physical and behavior skills.

At Girls on the Run, we envision a world where every girl:

- Recognizes her inner power
- Embraces her individuality
- Activates her limitless potential

How we make it happen:

Trained coaches lead small groups through our evidence-based curriculum which:

- Builds confidence
- Creates healthy habits
- Deepens social-emotional skills



The "why" behind Girls on the Run

Investing in girls today creates a stronger, more equitable and inclusive future for all tomorrow.

Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum that integrates physical movement.



Lead the way for more girls in your community – your own life will be enriched in the process.



Coaches give girls the space to fearlessly be themselves, follow their hearts and contribute to a world where we all belong.



What we do

So much more than running, our programs unlock the power and potential in every girl.

Over the course of each program, participants:

- Develop essential skills to navigate their worlds and lead an **emotionally and physically healthy life**.
- Participate in dynamic discussions, inclusive activities and movement-based games.
- Learn the **value of setting goals** by preparing for a celebratory 5K.
- Make a difference locally by planning and implementing a community impact project.

"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



What does it mean to be a GOTR coach?



Communities are transformed by great leaders with big hearts. And specifically, at GOTR, our coaches:

- Empower girls during their most formative years
- Create a **space of inclusion and belonging**
- Lead girls through evidence-based curriculum that boosts confidence
- Receive **season-long support and resources** from Girls on the Run
- Do not have to be runners OR athletes



"Even though you're teaching girls all about self-esteem and healthy habits, you also get something out of the experience yourself. I learned to be more confident in my leadership abilities. I had a blast doing this program and it was an experience I'll never forget. The energy during the final 5K is amazing!"

- Valarie



"I love watching the girls form new friendships throughout the season and I love the excitement when one of the girls runs up to me after she achieved her lap goal for the first time. The friendships made and lessons learned at GOTR extend beyond practice."

- Julie



The Girls on the Run coaching experience

Pre-season to-do's

- Complete and submit all required waivers
- Attend CPR and First Aid Training*
- Attend the Girls on the Run National Coach Training*

During the season

- Facilitate 75–90-minute practices twice a week over the course of 10 weeks
- Implement GOTR curriculum as intended
- Foster a culture of inclusion and acceptance at practice
- Work closely with co-coaches
- Communicate with parents as needed

**Only Head Coaches need to be CPR and First Aid Trained. GOTR Upstate NY will provide CPR/First Aid training for (1) coach per team.*

***Coach Training dates and times are listed on the Registration form. Please select a date when registering.*



More about us

Get to know Girls on the Run Upstate NY!



Founded in
2002

Approximately 33% of
our participants receive
financial support each
year



Serves over
500 girls per
year



Hosts Girls on the Run
programming at more
than 25 sites per season



Hosts teams in
11 counties within
Upstate NY



Our council receives
Community Support from
6-10 organizations each year.

This **spring**, we are projecting more than **500** girls waiting to participate in Girls on the Run in **Upstate NY**! Join us in making this opportunity a reality for girls in your community!

Fun Facts on Girls on the Run International

- Over 2 million participants since 1996
- 175 local councils across North America
- 200,000+ participate annually*
- 330+ 5K events take place every year– making Girls on the Run the world's largest 5K series*
 - 600,000+ people participate in Girls on the Run 5K events every year*
 - 100,000 volunteers annually*

*Pre-pandemic statistics. We look forward to continuing to build back stronger.



Join the GOTR movement

Are you ready to impact a young girl's life in your community?

GREAT call. Here's how to make it happen:

- Deadline for application: February 21, 2025
- Materials required to apply: APPLICATION, COACH TRAINING
- Contact for all application questions: benedicte.doran@girlsontherun.org

