

WELCOME TO GIRLS ON THE RUN!



Mission

We inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

Vision

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Our Core Values

Girls on the Run honors its core values. We strive to:

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

What Is GOTR?

- Girls on the Run is a non-profit organization aimed toward empowering young girls
- Participants are in grades 3-5 (Girls on the Run) & 6-8 (Heart & Sole)
- Teams meet twice a week, for eight weeks, for an hour and a half (16 total practices)
- The curriculum teaches life skills through dynamic, interactive lessons, and include three parts:
 - Understanding Ourselves
 - Valuing Relationships
 - Sharing our Strengths

Parent Communication

You will receive regular updates from GOTR Staff throughout the season. If you have any questions or concerns, please email Camille at Camille.stockemer@girlsontherun.org

Important Information for Practice

Season Start

- Our Fall 2025 Season starts the week of September 22

Practice Days & Times

- Please visit our website to view your team's practice days and times
www.girlsontherun.org/locations

More Information:

- Girls must wear secure, close-toed, athletic shoes to run in (*no bare feet, clogs, Crocs, flip flops or other loose or open-toed shoes will be permitted*)
- Girls should wear clothes good for running and stretching
- All practices are held outdoors during normal weather. Exceptions are made for lightning, heavy rain, snow, or extreme cold. **We will not cancel practice unless**

schools are canceled! Weather permitting, we will have practice outside. Layers, hats/visors, and sunscreen are recommended to protect from the elements.

- **Girls are expected to commit to being present at both lessons every week.** She should bring her best self and know she is important to the team!
 - Siblings, family members, friends, or pets are not permitted to watch or join the practices. (The only exception to this rule are family members who are coaches)
- Girls should arrive for practice on time and be picked up promptly at the end of each practice. You must provide your own transportation for your girl to and from practice.

Policies and Procedures

Absentee Policy: Our curriculum is designed so each lesson builds on those before it. It is critically important to the efficacy of the girls' program experience that they attend and participate in both practices each week. **Girls who exceed 2 missed practices will be reviewed for dismissal.**

Transportation and Pickup Policy: Guardians are responsible for arranging/providing transportation for their child(ren) to and from weekly lessons. During registration, you were asked to identify secondary guardians, emergency contacts and other people authorized to pick up your child.

Children may only be released to guardians, emergency contacts, and authorized individuals listed on the child's registration form and who are age 16 and up. If Authorized Individuals are driving a child, Guardians are responsible for ensuring the individual meets all legal driving requirements.

For your child's safety, a picture ID must be shown when picking up the child. Please make sure everyone on your approved pick-up list is aware of this policy so that they have an ID available.

Timely Pick-Up: Our coaches volunteer over 40 hours of their time to lead the Girls on the Run/Heart & Sole teams. Please respect our coaches by picking up your child(ren) on time. Pick-up is considered late if it occurs **more than 10 minutes** after the end of the session. The third instance of tardiness, involving the same child(ren), will result in your child(ren) being dismissed from the program.

No Show: If no one arrives to pick up your child within 10 minutes after the end of the session, the coach will call the Guardian(s) listed, then the Emergency Contacts, and lastly any Authorized Individuals whose phone numbers are provided until someone confirms they will pick up your child. As a last resort, if all persons listed are unreachable or unable to pick up your child, Girls on the Run will contact local authorities to assist.

Changes to Authorized Individuals: You may add or delete a person to the Authorized Individual list by sending an email to Camille at Camille.stockemer@girlsontherun.org 24 hours in advance of the time of pick-up. Please ensure that recently added Authorized Individuals know to present their ID.

Program Transportation/Private Transportation Companies: Guardians are responsible for arranging/providing transportation for their child(ren) to and from weekly practices. Girls on the Run coaches, other volunteers and staff are not allowed to transport any child outside of their immediate family. In addition, Girls on the Run will not release a child to private companies (e.g. Uber, Lyft, Taxis, etc.) unless the driver's name is listed as an Authorized Individual.

Children Walking Home: Your child may walk home if you've identified them as a "walker" on their program registration form, and the child's walking distance is 1 ½ miles or less. Children whose destination is more than 1 ½ miles away must be released to a Guardian or Authorized Individual. You may change your child's walking status by emailing Girls on the Run staff at least 24 hours before your child is to be released.

Health History Forms:

When completing your girl's registration form, we also had you complete a health history form. All coaches will have a copy of your girl's information so they can be prepared in an emergency. Our privacy policy ensures your information will be protected and used only for health-related purposes.

5K & Running Buddies

End of Season Celebration 5K

Each season comes to an end with a celebratory 5K. This closing event gives program participants of all abilities a tangible sense of accomplishment. Our Fall 2025 5K is scheduled for Saturday, November 22.

Running Buddies:

GOTR participants complete the celebratory 5K with a Running Buddy (age 16 or older). This gives each girl one-on-one encouragement and support as she takes on a great challenge. It also ensures that our girls are safe! Many girls ask a family member to be their Running Buddy. A Running Buddy could be a relative, family friend, or teacher who is approved by the participants' parents and is prepared to run/walk 3 miles. Background Checks are **NOT** required for family-appointed Running Buddies.

Running Buddy REQUIREMENTS:

Family Running Buddies must:

- Be over the age of 16
- Register as a Running Buddy by November 1 here: <https://www.pinwheel.us/r/MJMpVRI>
- Attend the Practice 5k (coach will give the date/time)
- Attend the End of Season Celebration 5K on November 22

Please email Camille at camille.stockemer@girlsontherun.org if a Community Running buddy needs to be assigned.

We look forward to a wonderful GOTR season!

[Girls on the Run Heart of Kansas \(girlsontherun.org\)](https://www.girlsontherun.org)



