

We all belong at the **FINISH LINE**

Girls on the Run®



Bring Girls on the Run to
your school, neighborhood
or community!



www.girlsontherunsemi.org

WHO WE ARE



Girls on the Run is an international nonprofit that offers programs to strengthen third- to eighth-grade girls' social, emotional, physical, 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 children** ages 8 to 13 participate across the United States and Canada.*
- Since 1996, **over 2 million children** 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.*



Girls on the Run helps girls recognize their potential and rise above gender expectations that may limit their health, confidence and joy. We respect and value the individuality and dignity of all people and welcome all girls: cis-, trans-, as well as nonbinary and gender non-conforming youth to participate in our program.



"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.*

A CRITICAL NEED



Since the start of the COVID pandemic, 79% of girls feel lonelier and more depressed.

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



50% of girls ages 10 to 13 experience bullying.

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 participants to build confidence and successfully navigate life experiences. Over the course of the 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

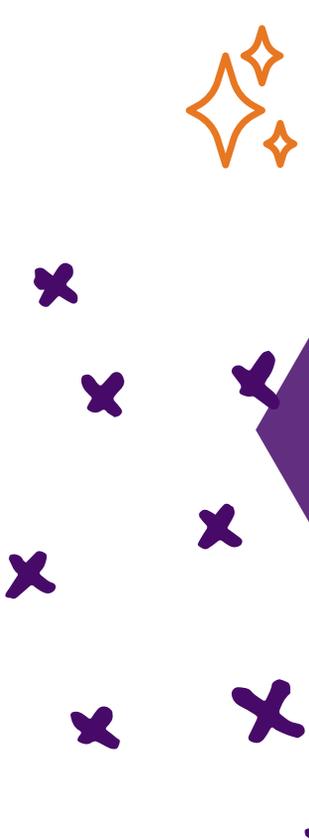
Fosters healthy relationships



Establishes a life-long appreciation for health and wellness



These clear outcomes to social-emotional learning goals are just one aspect of GOTR 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 youth felt like they belonged at Girls on the Run.

85% of kids 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 participants would tell other kids 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 child.



"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 dealing 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 INCLUSION, DIVERSITY, EQUITY AND ACCESS (IDEA)



Advancing IDEA is foundational to our mission

A recent external program review study found participants, families and coaches felt that Girls on the Run was inclusive, promoted diversity, and was accessible and equitable.



- 97% of participants felt like they belonged at Girls on the Run.
- Nearly 100% of kids agreed they felt safe at Girls on the Run and that their coaches cared about them.
- 97% of kids 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.





TRANSFORMING LIVES

Two programs, one life-long impact.

At the heart of our programs are:

Evidence-based curriculum

Nationally trained coaches

Intentional evaluation

IDEA-focused approach

Physical activity accessible for all ability levels

Social-emotional skill development

Community service involvement



Girls on the Run: Grades 3-5

The research-based curriculum includes:

- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large

The program unleashes confidence through:

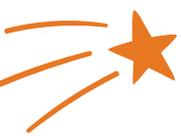
- Setting and achieving goals (like the 5K)
- Making new friendships
- Participating in community service work
- Empowering children to appreciate the value of healthy habits



Heart & Sole: Grades 6-8

- Focuses on five key parts: **body, brain, heart, spirit, and connection with others**
- Incorporates 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





GIRLS ON THE RUN COACHES

LEADERS. VOLUNTEERS. MENTORS.



Girls on the Run and Heart & Sole Coaches:

- Complete National Coach Training
- Receive season-long support, resources, and tools from GOTR
- Create positive, trauma-sensitive and inclusive environments
- Lead teams through curriculum with co-coaches
- Do not have to be runners or athletes
- Are offered the opportunity for stipends to aid in reducing barriers for volunteering
- Are offered athletic shoes if needed for the program
- Are committed to seeing the children on their teams 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



PROGRAM COST

Sliding Scale Registration Fee

Our actual true cost per child is over \$300.

In an effort to make our program as equitable and accessible as possible we offer a subsidized sliding scale registration fee ranging from \$0-\$225, as well as payment plans.

Financial aid is limited and we ask that families are honest in choosing their fee so that we can continue to assist as many families as possible.

Volunteer coaches and site leaders are offered discounted or waived fees for their own child to participate.

Sliding Scale Program Registration Fee



Household Income	Household Size			
	2	3	4 to 5	6+
<\$25,000	\$0	\$0	\$0	\$0
\$26,000-\$34,999	\$25	\$15	\$10	\$0
\$35,000-\$49,999	\$60	\$50	\$35	\$25
\$50,000-\$64,999	\$110	\$90	\$75	\$65
\$65,000-\$79,999	\$135	\$125	\$110	\$100
\$80,000-\$99,999	\$165	\$145	\$130	\$120
\$100,000-\$150,999	\$200	\$180	\$165	\$155
>\$150,999	\$225	\$225	\$225	\$225

 Qualifies for free or reduced lunch

If the determined registration fee is still a barrier for families, the registration fee may be adjusted at checkout in the online registration form.





PROGRAM COST

Each Program Participant Receives:

- 16 ninety-minute sessions for GOTR or 10 two hour sessions for H&S conducted by certified GOTR volunteer coaches
- An official program shirt, cinch sack and water bottle
- A healthy snack at each session
- An activity journal and program handouts
- Entry into the incredible Girls on the Run 5K event
- A beautiful finisher's medal
- Commemorative 5K bib
- End of the season celebration & program keepsake



Registration Fees Also Help to Cover:

- Dues to Girls on the Run International (for curriculum development, program evaluation, coach training development, etc.)
- Comprehensive liability insurance
- The curricula
- Building and Community Education fees
- Program supplies (bins, markers, cones, index cards, balls, tape, etc)
- Staff to support families and volunteers
- Website and registration system
- Background checks
- CPR/1st Aid certification
- Coach training and appreciation
- Culminating Girls on the Run 5K event



LOTTERY SYSTEM

Lottery Registration System

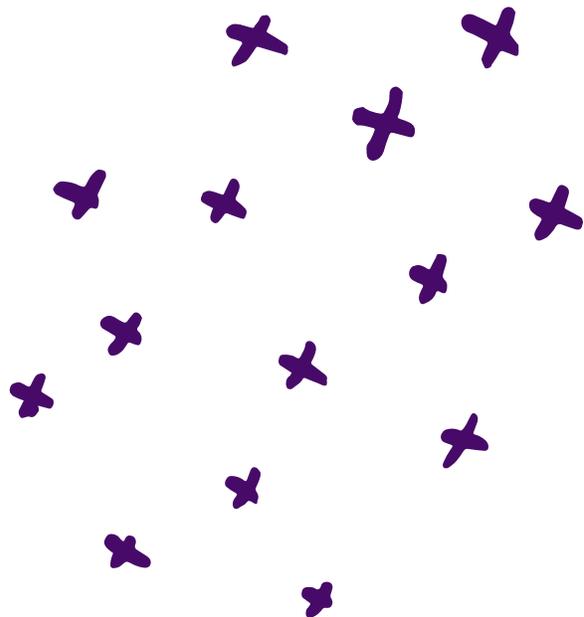
With the tremendous growth of Girls on the Run, teams can fill quickly. In an effort to ensure that Girls on the Run is equally accessible to all families, program registration will be conducted through a lottery system. We use a lottery system to allow all participants an equal opportunity to participate in our programs. The lottery system gives all potential participants the same opportunity to sign up, instead of relying on a "first come first served" system.

Click [HERE](#) for our Lottery FAQ's



Lottery System Timeline

- Tuesday, January 16th: Lottery registration opens
- Tuesday, January 30th: Lottery registration closes
- Wednesday, January 31st: General registration opens
- Thursday, February 1st: Families notified via email of registration status



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 and registration materials
- Parent/guardian communication
- National Coach Training (led by trained facilitators)
- Curriculum materials and coach supplies
- Program t-shirt and 5K participation
- Ongoing support to site leaders, coaches, and families



"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 leader



Providing an environment for children 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 (and restroom).
- Provide a designated accessible indoor space in case of inclement weather.
- Accommodate a regular practice schedule (2 x weekly for GOTR, 1 x weekly for H&S)
- Assist in identifying a site leader.

Site Leader Requirements

Site leader responsibilities include:

- Acting as the main site contact for families/participants and Girls on the Run council staff.
- Aiding in recruitment efforts by distributing promotional materials (provided by GOTR).
- Offering support to families who need registration assistance
- Identifying 2-3 coaches from your site and/or community



A ONE-OF-A-KIND 5K CELEBRATION!

Each Girls on the Run season concludes with a joyful and fun non-competitive 5K Celebration.

This is a day where all five of the communities we serve come together to recognize just how far participants have come and how far they will continue to go. Everything our teams have been working toward leads to this unforgettable day and, here, they have the chance to show off their hard work.

Thanks to your role as a site host and supporter of the 5K, team members can experience a tangible sense of accomplishment that inspires them to be the hero of their own stories.



Each year across 170 council networks, Girls on the Run hosts more than **330 5K Celebrations**.



On average, **600,000 participants** annually attend a Girls on the Run 5K.



Girls on the Run has held **## 5K Celebrations** since opening our door in 1996.

No two participants who sign up for Girls on the Run are alike.

Children's interests and passions vary, which is why the inclusive nature of our 5K event is so important. At this celebration, every participant takes something unique away from the experience.

By supporting a 5K Celebration as a site host you will create a day where all participants – as well as caregivers, family members, community members, and friends – are free to be themselves, open their heart to boundless joy and have the stamina and confidence to cross the finish line.





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:

- Submit site application by clicking [HERE](#)
- Identify volunteer coaches
- Confirm your site's practice schedule
- Use GOTR marketing materials to help register participants



Mark these important dates on your calendar!

- Tuesday, December 5th (6:30pm): Virtual Site Leader Launch
- Tuesday, January 16th: Program registration opens (lottery system)
- Tuesday, January 30th: Lottery closes
- Saturday, March 9th: Coach Training/Coach Appreciation Event
- Week of March 17th: Program begins
- Friday, March 22nd: Registration closes
- Sunday, May 19th: Girls on the Run 5K Celebration Event
- Week of May 19th: End of season

We look forward to collaborating with you on this incredible journey. Your role in this program is pivotal to so many children's futures. Because of your investment, many more children 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 us at info@girlsontherunsemi.org



"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**

