



# START A TEAM OVERVIEW

## FALL 2026



### WHAT IS GIRLS ON THE RUN?

Girls on the Run is a girl-centered program that supports the whole girl: socially, emotionally, and physically. Using an evidence-based curriculum, trained and caring coaches help girls to:

- ✓ BUILD CONFIDENCE
- ✓ DEVELOP VITAL LIFE SKILLS
- ✓ FIND JOY IN MOVEMENT



### WHEN IS IT?

Sites and coaches are signing up now. Girls begin signing up **August 24** before our fall season begins in **September/October**. Teams of 3<sup>rd</sup> - 6<sup>th</sup> graders meet for 90 minutes twice a week for 8 weeks and end the season with a site-based 5K celebration!



### WHERE DO TEAMS PRACTICE?

GOTR programs are hosted at locations throughout Washtenaw, Livingston, Monroe, Lenawee, and Jackson counties. Sites can include schools, community centers, places of worship - **anywhere girls are!**

### WHO CAN COACH?

Coaches are caring volunteers who bring energy, encouragement, and fun. You don't need to be a runner – just someone who believes in uplifting the next generation. Training, tools and ongoing support are provided, and many coaches say they get as much out of the experience as the girls do.

### WHAT DOES A HOST SITE PROVIDE?

- Safe outdoor place for running, plus an indoor backup, both with accessible restrooms
- Regular practice schedule (2x/week for 90 minutes for eight weeks)
- Site Leader to coordinate logistics and help recruit 2-3 volunteer coaches and 8-20 participants

### WHAT DOES GIRLS ON THE RUN PROVIDE?

- Site application and onboarding
- Coach registration, screening, training, and ongoing support
- Research-based curriculum and all materials
- Recruitment tools
- GOTR gear (t-shirt, journal, cinch sack)
- A joyful end-of-season 5K celebration
- Year-round connection and support

### FALL SEASON DATES

#### August 24:

Participant registration opens (for sites with at least 2 confirmed coaches)

#### September 12:

Coach training in Ypsilanti

#### September 21-October 2:

Season begins (fall sites get to choose their own start date!)

#### November 14-November 24:

Site-based GOTR 5k Celebrations (date based on team's program start date)

### ACCESSIBLE & INCLUSIVE

To help create a space of belonging for everyone, we offer things like:

- Pay-what-you-can model with automatic, confidential financial aid (families may pay anywhere from \$0 - \$225).
- Athletic shoes and clothing available at no cost, if needed.
- Disability adaptations and support so every child can fully participate.

### NEXT STEPS

If you're ready to go, the next step is to submit a site application ASAP!  
We'd love to have you involved!



Questions? Let's connect!

[info@girlsontherunsemi.org](mailto:info@girlsontherunsemi.org)

**SITE APPLICATION!**

*"I witnessed first-hand our students engage with and benefit from each lesson and practice. The culminating 5K event was spectacular and the smiles on our girls, their 5K Buddies, and family members provided evidence of the positivity the GOTR program affords our students." - Principal*