We all belong at the finish line

Girls on the run hudson valley



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

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 girls ages 8 to 13 participate across the United States and Canada.*
- Since 1996, over 2 million girls have been transformed, inspired and empowered by the program.
- With more than 330 5K events taking place annually, GOTR is th largest 5K series (by number of events) in the world.*
- Over 600,000 participants and spectators attend GOTR 5Ks every year.*

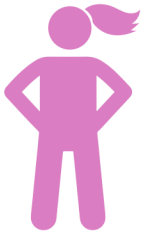


"The lessons reinforced through GOTR really helped strengthen my daughter Elyana's character. I am very proud to have watched Elyana flourish and learn to love and accept herself and even more importantly, become proud of what makes her unique."

-Diane, parent

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

A Critical Need



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

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





Physical activity declines starting at age ten and continues to decrease as girls age.

50% of girls ages 10 to 13 experience bullying.



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 girls 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:

- Builds confidence
- Prompts independent thought and intentional decision-making
- Strengthens self-respect
- Establishes a life-long appreciation for health and wellness
- Enhances girls' ability to stand-up for self & others
- Fosters healthy relationships

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 girls learned critical life skills they can use at home, school and with friends.
85% of girls improved their confidence, caring, competence, character and connection to others.
98% of girls would tell other girls to participate in Girls on the Run.
94% of parents reported Girls on the Run was a valuable experience for their girl.
97% of girls felt like they belonged at Girls on the Run.
GOTR participants scored higher in managing emotions, resolving conflict, helping others and making intentional decisions than participants in organized sports or physical education.



"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

Transforming Lives

Three programs, one life-long impact.

At the heart of our programs are:

- Intentional evaluation
- IDEA-focused approach
- Evidence-based curriculum
- Nationally trained coaches
- Social-emotional skill development
- Physical activity accessible for all ability levels
- 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 girls 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

Camp GOTR: Grades 3-5

- Is a week-long program
- Centers on building friendships, exploring creativity and playing fun games that keep girls happy, healthy and moving
- Ensures girls remain active and empowered in between seasons

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 committed to seeing girls in their community 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

Costs and Financial Assistance

Program Cost

Girls on the Run operates on a sliding scale participation fee based on family income. Our program fee is $175 per girl. This includes:

- 10 weeks/20 lessons led by trained coaches
- All curriculum materials
- Girls on the Run and Heart & Sole Program t-shirts
- Registration for Girls on the Run 5K event, as well as medal and 5K t-shirt

Financial Assistance

Every girl deserves to cross the finish line

Financial assistance is available to any girl who cannot pay the full registration fee. Girls on the Run Hudson Valley provides approximately $75,000 in financial assistance each year. We are committed to being accessible to any girl who wants to participate and are dedicated to ensuring that program cost is never a barrier to participation. Financial aid and payment plans are available to any girl.

Family Income:	Registration Fee:
Less than $24,999	$10.00
$25,000 - 34,999	$30.00
$35,000 - 49,999	$80.00
$50,000 - 74,999	$130.00
$75,000 and up	$175.00



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 liaisons, 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 liaison.

Providing an environment for girls to learn meaningful skills, form new friendships and become their most authentic selves lays the groundwork for a better, more inclusive world for all. Will you help us create pathways for more girls to become future changemakers?

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 times a week for 75-90 minutes).
- Assist in identifying a site liaison and two coaches.

Site Liaison Requirements

Site liaison responsibilities include:

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

**If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.*



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:

- Identify Site Liaison
- Confirm your site's practice schedule
- Submit site application
- Use GOTR marketing materials to help register girls

Mark these important dates on your calendar!

Spring 2023 Season

- Site Application Deadline: February 28, 2023
- Spring Season Starts Week of March 20, 2023
- Celebratory 5K event date: First weekend in June

Fall 2023 Season

- Site Application Deadline: August 25, 2023
- Spring Season Starts Week of September 18, 2023
- Celebratory 5K event date: November 18, 2023



Questions?
We are here for you!

Please contact:
Kim Quimby, Executive Director at
kim.quimby@girlsontherun.org

"The experience my daughter, Lana, gained from Girls on the Run helped her realize that she could participant 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