

# We all belong at the **FINISH LINE**

**Girls on the Run®**



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

[www.gotrcr.org](http://www.gotrcr.org) | 518-635-0828 | [info@gotrcr.org](mailto:info@gotrcr.org)



# 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 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

Apply at [gotrcr.org/start-team](https://gotrcr.org/start-team)

# COST AND FINANCIAL ASSISTANCE

## Program Cost

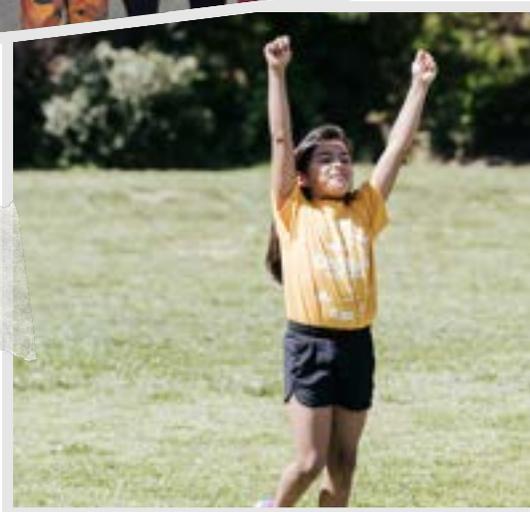
Our current program fee is \$175 per participant with a sliding scale available for financial assistance, which includes:

- 10 weeks/20 lessons led by trained coaches
- Curriculum materials
- Program t-shirt
- 5K event registration
- 5k goodie bag & medal

## Financial Assistance

### *EVERY GIRL DESERVES TO CROSS THE FINISH LINE*

Financial assistance is available to families who cannot pay the full registration fee. Families are encouraged to request a payment plan or additional financial assistance via our sliding scale registration fee. 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.



# 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.

### 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 (**twice a week for 75-90 minutes; or once a week 2 hour sessions for Heart & Sole only**).
- Assist in identifying a site liaison.



### 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 need support in recruiting coaches, GOTR Capital Region will help you.

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