

We all belong at the *finish line*



**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:

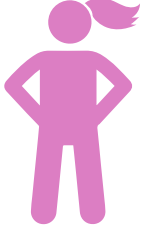
- Girls on the Run has been serving the Treasure Valley since 2001.
- Girls on the Run Treasure Valley serves Ada, Canyon, Gem, Elmore, Payette, and Washington counties.
- In 2021, we reached more kids than ever before, serving 993 girls.
- Annually, we grant about \$50,000 in need-based scholarships.



Girls on the Run is committed to inclusion, diversity, equity, and access. Using an evidence-based curriculum, our mission is to empower girls+ and gender-expansive youth to become more joyful, healthy, and confident.

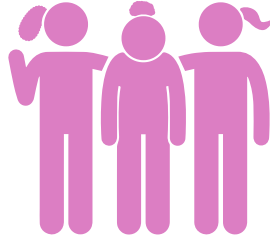


A Critical Need



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 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.



Transforming Lives

Two 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

Meets Twice Weekly:

- 90-minute practices
- 10 weeks

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

Heart & Sole: Grades 6-8

Meets Once a Week:

- 2-hour practices
- 10 weeks

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

Teams vary between 8-20 girls.



Girls on the Run Lesson Topics

Girls on the Run's Curriculum has 3 Themes

Theme 1: Identity

- Connecting as a Team
- Choices
- Star Power
- Self-Talk
- BeYoutiful

Theme 2: Connectedness

- Emotions
- Empathy
- Words Matter
- Friendships
- Resolving Conflict
- Standing up for others

Theme 3: Empowerment

- Practice 5K
- Compromise
- Supporting Each Other
- Community Impact Project



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 are 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

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

Resources Provided by Girls on the Run

**Before the first practice to the 5K finish line,
Girls on the Run support is there.**

The GOTR Office Support Staff will provide:

- Marketing and registration materials
- Parent/guardian communication
- National Coach Training (led by trained facilitators)
- Curriculum materials and coach supplies
- Facility requests
- Certificate of Insurance
- Site visits once a season
- 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

Costs and Financial Assistance

Program Cost

Our current full program fee is \$150 per participant, which includes:

- 10 weeks of lessons led by trained coaches
- All curriculum materials
- GOTR Girl journal
- A healthy snack at each lesson
- Program t-shirt
- 5K event registration & custom 5K medal

Financial Assistance

Every girl deserves to cross the finish line

Financial assistance is available to families who cannot pay the full 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, so registration fees are scaled (\$110/\$65/\$25) according to family income during online registration. Full scholarships are also available on a case by case basis.

Girls on the Run Treasure Valley is proud to provide between \$50K and \$55K in financial assistance each year - **50% of participants receive need-based scholarships!** Although our actual cost of running the program is higher, we are able to defray the cost of our programs to all girls due to the generous support of local and national funders. Families are also able to set up payment plans if needed.



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
- Restrooms are available for at least 20 minutes after-school releases.
- Provide a designated accessible indoor space in case of inclement weather.
- Accommodate a regular practice schedule 2x/week for 90 minutes.
- Assist in identifying a site liaison.

Site Liaison Requirements

Site liaison responsibilities include:

- Acting as the main site contact for 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.
- Provide behavioral support as needed to coaches.
- Help 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

Mark these important dates on your calendar!

- January 30th - All sites confirmed & registration open to families
- February 24th - Coach applications close
- March 6th - Spring program begins
- May 20th - End of season 5K celebration

Our fall program will run September - November.

Are you ready to join the GOTR community?

Invest in tomorrow's leaders! Kick-off this new and exciting chapter by submitting an interest form using the QR code below.



Questions?

We are here for you!

Please contact us at amy.ornelas@girlsontherun.org or (208)388-4687 ext.701.



"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