

We all belong at the *FINISH LINE*

Girls on the Run®



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 the largest 5K series (by number of events) in the world.***
- Over **600,000 participants and spectators** attend GOTR 5Ks every year.*

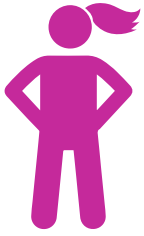


"The lessons reinforced through GOTR really helped strengthen my daughter Elyana's character. I am very proud to have watched Elyana flourish and learn to love and accept herself and even more importantly, become proud of what makes her unique."

-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:

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 girls felt like they belonged at Girls on the Run.

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.

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 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.



"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)

At Girls on the Run Philadelphia, our core values guide our way. We are deepening our ongoing and continual commitment to building a world where every person can know and activate their limitless potential. We value the dignity and humanity of all people and are dedicated to being an inclusive, diverse, equitable and accessible organization. To that end, we endeavor to remove barriers to engagement with our program for both program participants and volunteer Coaches. Dedicated and diverse Coaches are critical for participants to get the most out of our program, and to see themselves reflected in the adults mentoring them. We believe that financial barriers can be a limitation to both girl participation and Coach volunteerism and as such, we have secured grant funding to pilot a Site Stipend program during the Fall 2023 season.

The eligibility guidelines outlined below will ensure that the limited resources provided by this funding will be directed where they will have the greatest impact on our organization's ability to actualize its commitment to IDEA.

Eligibility guidelines:

- Site must qualify as a high-need school (majority of students identified as economically disadvantaged)
- Site's team must have at least 2-3 full-time Coaches who have completed the GOTR Coach application and Coach training
- Over 50% of team's Coaches identify as BIPOC
- Site must have at least 8 program participants registered
- Site liaison guided by GOTR staff allocates site stipend to Coaches
- Maximum site stipend is \$1,500





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





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



COST AND FINANCIAL ASSISTANCE

Program Cost

Our current program fee is \$200 per participant, which includes:

- 10 weeks/20 lessons led by trained coaches
- Curriculum materials
- Program t-shirt and water bottle
- Event registration for our inspiring end of season celebratory 5K



Financial Assistance

EVERY GIRL DESERVES TO CROSS THE FINISH LINE

Financial assistance is available to families who cannot pay the full registration fee, using our extensive sliding scale - see below. Girls on the Run Philadelphia is proud to provide over 70% of our participants with financial assistance each season. 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. Families are also able to set up a payment plan if needed.

	Household size 2-3 people	Household size 4-5 people	Household size 6+ people
\$0 - \$29,999 / year	\$10	\$10	\$10
\$30,000 - \$39,999 / year	\$30	\$20	\$10
\$40,000 - \$49,999 / year	\$60	\$45	\$30
\$50,000 - \$59,999 / year	\$85	\$60	\$35
\$60,000 - \$74,999 / year	\$110	\$85	\$60
\$75,000 - \$84,999 / year	\$135	\$110	\$85
\$85,000+ / year	\$200	\$200	\$200



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 space.
- Provide a designated accessible indoor space in case of inclement weather.
- Accommodate a regular practice schedule two times per week for 90 minutes.
- 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 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:

- Submit site application found at: <https://www.gotrphiladelphia.org/start-team>
- Identify Site Liaison
- Confirm your site's practice schedule
- Use GOTR marketing materials to help register girls



Mark these important dates on your calendar!

- New site application due date: August 15, 2023
- Fall 2023 program start date: Week of Sept 18, 2023
- Celebratory 5K event date: December 3, 2023

We look forward to collaborating with you on this incredible journey. Your role in this program is pivotal to so many girls' futures. Because of your investment, many more girls 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:

Heather Plastaras, Program Manager
heather.plastaras@girlsontherun.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

