

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

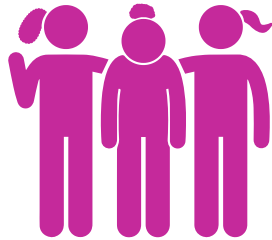
**Pre-pandemic statistics. We look forward to building back stronger.*

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.



Evidence-based research from leading youth development experts has proven that Girls on the Run:

Establishes a life-long appreciation for health and wellness

Prompts independent thought and intentional decision-making

Builds confidence

Strengthens self-respect

Enhances girls' ability to stand-up for themselves & others

Fosters healthy relationships



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.

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.

97% of girls learned critical life skills they can use at home, school and with friends.

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

A recent external program review study found participants, families and coaches felt that Girls on the Run was inclusive, promoted diversity, and was accessible and equitable.

- 97% of girls felt like they belonged at Girls on the Run.
- Nearly 100% of girls agreed they felt safe at Girls on the Run and that their coaches cared about them.
- 97% of girls agreed they could be themselves at Girls on the Run and felt included in all GOTR activities they wished to participate in.
- 100% of caregivers who reported that their child required accommodations to fully participate agreed that their child could participate equally to their peers.
- 98% of caregivers agreed that their child felt physically, emotionally and socially safe at Girls on the Run and included in all GOTR activities they wished to participate in.





TRANSFORMING LIVES

Three programs, one life-long impact.

At the heart of our programs are:

Evidence-base 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



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

Mark this training date on your calendar!

- August 22 from 8am-12pm - PATH Foundation, Warrenton
- August 29 from 8am-12pm - Stafford County

CPR TRAINING



A minimum of one coach per team must have CPR and First Aid certification on file by the first session of any given season and be present at every practice.

We strongly encourage all our coaches have CPR training and provide it free of charge.

- August 22 from 1pm-5pm - PATH Foundation, Warrenton
- August 29 from 1pm-5pm - Stafford County



COST AND FINANCIAL ASSISTANCE

Program Cost

Our current program fee is \$175 per participant, which includes:

- 8-10 weeks/16-20 lessons led by trained coaches
- Curriculum materials
- Program t-shirt
- 5K event registration for the girl
- One free 5K buddy runner for her grownup
 - free buddy runner gets course access only (if buddy runner would like shirt and medal they will need to register separately for the 5K as a community runner)

Financial Assistance

EVERY GIRL DESERVES TO CROSS THE FINISH LINE

Financial assistance is available to families who cannot pay the full registration fee. Girls on the Run Piedmont is proud to provide financial assistance to family's during the registration process on a "pay what you can afford" option. 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.

Thanks to our generous community donors, we are able to provide the program far below the actual costs of over \$440/girl due to the generous support of local and national funders. Families are also able to set up payment plans if needed.



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 champions, 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 champion.



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 2 times per week for 90 minutes.
- Assist in identifying a site champion.

Site Champion Requirements

Site champion 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 your site and Site Champion
- Confirm your site's practice schedule
- Submit site application <https://www.gotrpiedmont.org/start-team>
- Use GOTR marketing materials to help register girls



Mark these important dates on your calendar!

- New site application due: August 21, 2026
- Fall program start: September 7, 2026
- Celebratory 5K event: November 15, 2026

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 Katie Oleson, katieo@gotrpiedmont.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**



A ONE-OF-A-KIND 5K CELEBRATION!

Each Girls on the Run season concludes with a joyful and fun non-competitive 5K Celebration.

This is a day where communities throughout the region come together to recognize just how far participants have come and how far they will continue to go. Everything girls have been working toward leads to this unforgettable day and, here, they have the chance to show off their hard work.

Thanks to your role as a site host and supporter of the 5K, team members can experience a tangible sense of accomplishment that inspires them to be the hero of their own stories.



Each year across 170 council networks, Girls on the Run hosts more than **330 5K Celebrations**.



On average, **600,000 participants** annually attend a Girls on the Run 5K.



Girls on the Run Piedmont has held **15 5K Celebrations** since opening our door in 2013.

No two participants who sign up for Girls on the Run are alike.

Girls' interests and passions vary, which is why the inclusive nature of our 5K event is so important. At this celebration, every girl takes something unique away from the experience.

By supporting a 5K Celebration you will help to create a day where all participants – as well as caregivers, family members, community members, and friends – are free to be themselves, open their heart to boundless joy and have the stamina and confidence to cross the finish line.

