

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

**Girls on the Run®**



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

[GOTRMidMichigan.org/start-team](https://GOTRMidMichigan.org/start-team)

# 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.\*

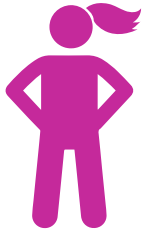


"The lessons reinforced through GOTR really helped strengthen my daughter Elyana's character. I am very proud to have watched Elyana flourish and learn to love and accept herself and even more importantly, become proud of what makes her unique."

**-DIANE, PARENT**

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

# A CRITICAL NEED



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



50% of girls ages 10 to 13 experience bullying.

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



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.



[GOTRMidMichigan.org/start-team](https://GOTRMidMichigan.org/start-team)



# 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

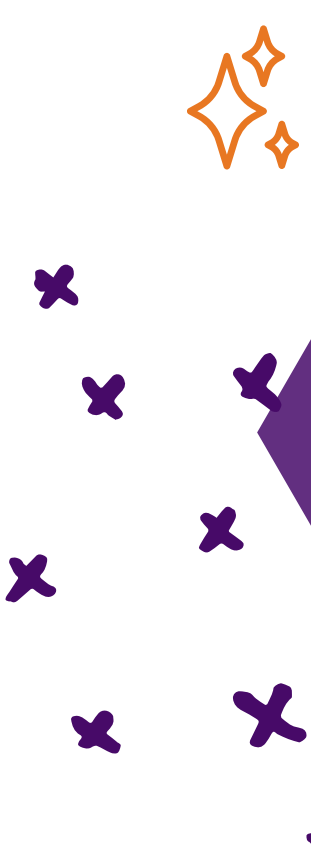
Fosters healthy relationships



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.

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**

[GOTRMidMichigan.org/start-team](http://GOTRMidMichigan.org/start-team)

# AN ONGOING COMMITMENT

## TO INCLUSION, DIVERSITY, EQUITY AND ACCESS (IDEA)



### Advancing IDEA is foundational to our mission

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-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



**Camp GOTR: Grades 3-5 (summer only)**

- 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



[GOTRMidMichigan.org/start-team](http://GOTRMidMichigan.org/start-team)



# 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.
- Eligible for running shoes and a stipend to offset barriers to volunteering.



"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 \$185 per participant, which includes:

- 10 weeks/20 lessons led by trained coaches
- Curriculum materials
- Program t-shirt, water bottle, backpack
- Option to receive running shoes
- 5K event registration and medal

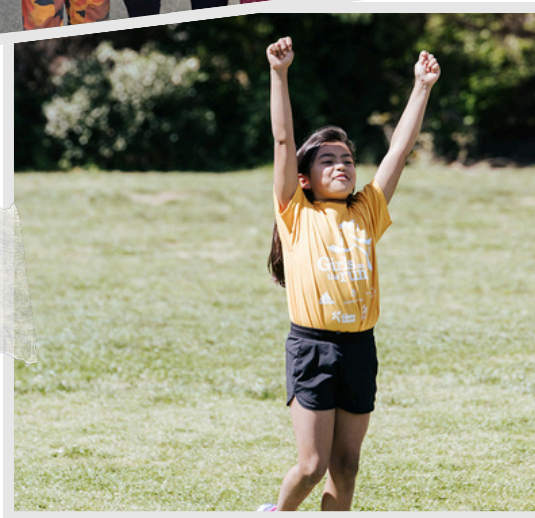
## Financial Assistance

### EVERY GIRL DESERVES TO CROSS THE FINISH LINE

Financial assistance is available to families who cannot pay the full registration fee.

We use a sliding scale built into the registration form to determine a discounted rate for each girl. Families are also able to set up payment plans if needed. Girls on the Run Mid Michigan is proud to provide more than \$50,000 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.

At select sites in Flint and Lansing, there is no cost to your girls for participating. We are able to provide the program at no cost and discounted rates due to the generous support of local and national funders.



# 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

[GOTRMidMichigan.org/start-team](http://GOTRMidMichigan.org/start-team)



"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 (**two times a 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 at <https://www.gotrmidmichigan.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 or renewal site application due date: January 31
- Spring program start date: February 24
- Celebratory 5K event date: May 18

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 Vaughn Smith  
[vaughn.smith@girlsontherun.org](mailto:vaughn.smith@girlsontherun.org).



[GOTRMidMichigan.org/start-team](https://www.gotrmidmichigan.org/start-team)



"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 Mid Michigan has held **18 5K Celebrations** since opening our door in 2007.

## 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 as a site host you will 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.

