BRING Girls on the Run® TO YOUR COMMUNITY!

Who We Are

Girls on the Run is a nonprofit organization that offers evidence-based empowerment programs that help third- to eighth-grade girls build confidence, address negative issues, and deepen vital physical, mental, emotional, and social life skills. Girls on the Run NJ East serves communities in Burlington, Essex, Hunterdon, Mercer, Morris and Union counties.

Impacts of GOTR

By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community projects
- Intentional goal-setting activities



...she gains these FOR LIFE.

- Deep inner strength
- Meaningful connection to others
- Foundation of physical health
- Empathy and respect for those around her
- Confidence to pursue dreams of all sizes

GIRLS NEED GOTR

Here's why:

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

Physical activity starts to decline at age ten and continues to decrease as girls age.

50% of girls ages 10 to 13 experience bullying.

Only 24% of six- to 17-year-olds participate in at least 60 minutes of physical activity every day.

57% of U.S. teen girls felt persistently sad or hopeless in 2021 – double that of boys and representing a nearly 60% increase over the past decade.



OUR PROGRESS IS POWERFUL!

- Girls on the Run NJ East serves more than 2,000 participants annually.
- Since 2000, more than 29,000 children have participated in our program.
- More than 500+ volunteers (including caring coaches) support, uplift, and inspire our girls every year.
- Over 3,000 participants and spectators attend our spring and fall 5K Celebrations every year.

GET INVOLVED WITH GOTR

HOSTING A TEAM:

Provide a Site

- Offer a safe, accessible outdoor place with a restroom (and, if possible, a designated indoor space for inclement weather)
- Accommodate a regular practice schedule (2 times a week for 75 minutes)

Secure a Site Liaison

- Act as the main site contact for families, participants, and council staff
- Help recruitment efforts and distribute marketing materials (provided by GOTR)
- Provide families with registration assistance
- Identify 2-3 coaches from your site and/or community*

At a time when girls may be struggling to fit in or find their voice, our programs reassure them that they belong.

By hosting a team, you will inspire girls to embrace their individuality, make new friends, and find joy in movement.

**If you cannot secure coaches, Girls on the Run will work with you to identify coaches from our network of screened & trained volunteers.*



Transforming Lives

IT'S WHAT WE DO

Two programs, one life-changing impact.

Girls on the Run is the only physical activity-based, positive youth development program for girls with a research-based curriculum, trained coaches, and a commitment to serving all girls.

Every practice, coaches lead teams through fun and engaging activities that innovatively blend social emotional life skills with physical movement.

Girls on the Run: Grades 3-5

- Understand ourselves, value teamwork, and recognize our impact on the world.
- Set and achieve goals, nurture emotional health, connect with others, and appreciate healthy habits.

Heart & Sole: Grades 6-8

- Learn how to develop a strong support system, foster healthy relationships, and offer help to those in need.
- Understand the important connection between body, brain, and heart.

The data – and participant voices – say it all!

98% OF PARTICIPANTS

said they had fun at their Girls on the Run practice.

98% OF PARTICIPANTS

said they would tell their friends to participate in Girls on the Run.

97% OF PARTICIPANTS

said they learned things at Girls on the Run that are important to them.



How GOTR SUPPORTS You

EVERY STEP OF THE WAY

Program sites can count on GOTR for:

- Marketing and registration materials
- Parent/guardian communications
- National Coach Training (led by trained facilitators)
- Curriculum materials and coach supplies
- Ongoing support to site liaisons, coaches, and families
- All curriculum and communications available in Spanish and French



GOTR Fees & Financial Assistance:

The program fee is $260 per participant, and includes:

- 16 lessons led by trained coaches
- Curriculum and lesson materials
- 5K event fee
- GOTR t-shirt, journal and 5K celebration medal

Every girl deserves to cross the finish line!

Girls on the Run NJ East is accessible to any girl who wants to participate, regardless of her family's ability to pay the full program fee. Financial assistance is available thanks to the generous support of our local sponsors and national partners. We use a sliding scale and free/reduced lunch formula to determine the discounted rate for each participant.

NEXT STEPS

Are you ready to join the GOTR community?

1. Identify site liaison & coaches
2. Confirm your site's practice schedule
3. Share GOTR marketing materials to help register girls

Spring 2027 Season Dates

Spring program begins the week of April 5
5K celebration weekend: June 5/6



We are excited for you to join us and need your help!

Your involvement plays a vital role in building self-confidence in girls. As a result, your community and the world beyond it will become a better, more welcoming place.

With your involvement, that better tomorrow can be filled with girls who nurture their emotional and physical health, boldly follow their dreams, and become adults who lead with integrity, empathy, and kindness.

Ready to get started? Have any questions? Contact us!

To learn more about starting a GOTR team at your site, please contact Program Director Anne Klein at anne@girlsontherunnj.org or 973-951-4266

www.GirlsontheRunNJ.org