

Bring Girls on the Run® to your school!



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.

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



"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

what sets girls on the run apart?

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.

Intentional curriculum, expert coaches and an inclusive environment all lead to a long-term impact.

girls on the run coaches leaders. volunteers. mentors.

- 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!
- 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

*If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.





Investment & Support



Program Cost

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

- 10 weeks/20 lessons led by highly trained coaches
- Curriculum materials
- Program t-shirt
- 5K event registration
- 5K medal
- End of season keepsake

Every girl deserves to cross the finish line

Financial Assistance

We're committed to making sure cost is **never** a barrier. Families can easily request financial aid during registration.

As needed, we also provide running shoes, athletic apparel, sports bras, and running hijabs to ensure every girl feels comfortable and confident.

resources

provided by girls on the run

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



"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.

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 twice a week for 90 minutes for 10 weeks
- Assist in identifying a site liaison.

Site Liaison Requirements

- 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*

READY TO JOIN THE GOTR COMMUNITY?

Kick off this new and exciting chapter by completing these steps:

- Submit site application found [**HERE**](#)
- Identify Site Liaison & Coaches
- Confirm your site's practice schedule
- Use GOTR marketing materials to help register girls

SAVE THE DATES

Site Application Due Date → NOVEMBER 1ST

Depending on the 5K you choose to attend will determine your season dates.

**HERITAGE LANDING 5K
MUSKEGON**



**PROGRAM START
FEB 8 OR 16**



MAY 8

**GVSU 5K
ALLENDALE**



**PROGRAM START
FEB 22**



MAY 15

5K CELEBRATION



Questions? We are here for you!

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