



Girls on the Run of Union County  
College Scholarship  
Spring 2026

Mission of Girls on the Run

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Girls on the Run of Union County began offering programs in 2006 in elementary and middle schools throughout the county. Many Girls on the Run alumni are now graduating seniors in the Class of 2026.

To celebrate and support our alumni, Girls on the Run of Union County awards two \$1,000 college scholarships each year to former participants of Girls on the Run (Grades 3–5) or Heart and Sole (Grades 6–8). This year marks the thirteenth year of the scholarship program.

Application Deadline: April 24, 2026

Eligibility

Applicants must:

- Have participated in a Girls on the Run or Heart and Sole program in Union County, NC
- Be a graduating senior at a Union County, NC high school
- Plan to enroll as a full-time college student in Fall 2026

Scholarship Details

- Two scholarships will be awarded
- Each scholarship is \$1,000
- The scholarship will be paid as a one-time award directly to the recipient

Application Requirements

Applicants must submit the following materials:

Academic Requirements

- Minimum 3.0 weighted GPA
- Current high school transcript (copy is acceptable)

## References

- Two letters of character reference
- One reference must be from a teacher
- The second reference may be from a coach, advisor, employer, or another mentor

References should speak to the applicant's character and provide examples of how she demonstrates qualities such as kindness, confidence, leadership, resilience, and care for her own well-being and the well-being of others.

## Community Service

- Completion of a community service project during the current academic school year
- Signature from the project coordinator verifying participation

Please respond to the following prompts in a separate document.

## Essay Guidelines

- Responses should not exceed two typed pages total
- Use single spacing
- Include your name and high school at the top of the document

## Essay Prompts

### 1. Looking Back

Think about your time in Girls on the Run or Heart and Sole. What is one lesson, activity, or moment from the program that has stayed with you over the years? How has it influenced who you are today?

### 2. Supporting Others

Girls on the Run encourages confidence, kindness, and leadership. Describe a time when you used one of these qualities to support or inspire someone else.

### 3. Looking Ahead

Girls on the Run of Union County is celebrating 20 years of serving girls in our community. Imagine your life 20 years from now. What are you working toward, learning about, or hoping to contribute to your community?

## Selection Process

Applications will be reviewed by the Girls on the Run of Union County Scholarship Committee. The committee may choose to interview finalists. Decisions of the scholarship committee are final.

## Scholarship Announcement

Scholarship recipients will be notified by the Girls on the Run of Union County Scholarship Committee and may also be recognized during their school's awards program or another format determined by the school administration.

### Submission Instructions

Please submit the following materials by April 24, 2026:

- Essay responses (maximum two pages)
- Current high school transcript
- Two letters of reference
- Verification of community service project completion with coordinator signature

Applications may be submitted by email ([kerry.guley@girlsontherun.org](mailto:kerry.guley@girlsontherun.org)) or mail using the contact information below.

Kerry Guley

Executive Director

Girls on the Run of Union County

1930 Weddington Road

Matthews, NC 28104

704-465-0011

[www.girlsontherun.org](http://www.girlsontherun.org)

