



SITE INFORMATION PACKET 2023



★ TOGETHER WE CAN ★

inspire all girls to be joyful, healthy & confident

HERE FOR EVERY GIRL

Girls on the Run is a 501c(3) nonprofit organization founded in 2007.

Our programs are designed to enhance every girl's social, mental and physical health. Program participants learn valuable life lessons that include coping when things get difficult, demonstrating care for self and others, identifying values and so much more.

MISSION

.....
WE INSPIRE GIRLS TO BE
**JOYFUL,
HEALTHY &
CONFIDENT**
USING A FUN CURRICULUM
WHICH CREATIVELY
INTEGRATES
RUNNING

VISION

.....
WE ENVISION
A WORLD WHERE
EVERY GIRL
KNOWS & ACTIVATES HER
**LIMITLESS
POTENTIAL &
IS FREE TO BOLDLY PURSUE
HER DREAMS**



HIGHLIGHTED AS A TOP
**SOCIAL
EMOTIONAL
LEARNING**
..... PROGRAM BY
AFTERSCHOOL ALLIANCE

GIRLS ON THE RUN IS DEDICATED TO

serving all girls in Utah regardless of race, income status,
ethnicity, religion, gender identity or ability.

TOGETHER WE CAN...

★ Create a safe space for girls of all abilities ★

Curriculum modifications are available for participants with disabilities. Visible or non-visible disabilities may be physical, developmental, cognitive, communicative or emotional.

★ Eliminate barriers to participation ★

Girls on the Run is for girls from all backgrounds and communities. Equitable payment options and Spanish curriculum materials are available to provide access to more families.

★ Celebrate our differences & find strength in our connectedness ★

We are in this together! By celebrating the uniqueness, resilience and power in our differences and diversity, we can work together to make the world a better place – one girl at a time.

OUR PROGRAMS

MORE THAN A RUNNING PROGRAM

Our programs are about so much more than running – they make an impact at a critical age when confidence and physical activity decline in young girls.



Elementary Program (3rd-5th grade) · Available Spring & Fall
Girls on the Run supports young girls in gaining a better understanding of who they are, recognizing the importance of teamwork, building healthy relationships, and learning how they can positively shape the world.
Practices are held twice a week during a 10-week season and includes an end-of-season 5K celebration.



Middle School Program (6th-8th grade) · Available Spring & Fall
Heart & Sole meets the unique needs of middle school girls by addressing the whole girl (body, brain, heart, spirit and social connection). Girls build critical life skills such as developing a support system, boundary setting, decision making, positively impacting others, and asking for/providing help.
Practices are held twice a week during a 10-week season and includes an end-of-season 5K celebration.



Elementary Program (rising 3rd-5th grade) · Available Summer
Camp GOTR is a one-of-a-kind camp that helps girls build friendships and unleash their creativity while keeping them active in an inclusive setting.
Typically held for one week.

**CROSSING THE
FINISH LINE**

**FINAL 5K INSPIRES CONFIDENCE
THROUGH ACCOMPLISHMENT**

2023 PROGRAM DATES

SPRING SEASON March 20-June 3, 2023

- ★ Girl registration opens December 1, 2022
- ★ 5K on June 3, 2023 at Sugar House Park

SUMMER CAMP July 10-20, 2023

- ★ Girl registration opens April 1, 2023
- ★ Locations: Rowland Hall & Eastmont Middle



GET INVOLVED

START A TEAM

How to Start a Team:

- ★ Identify a safe OUTDOOR place for running (track, field or any accessible space)
- ★ Identify a safe INDOOR place for running in case of inclement weather
- ★ Establish a consistent practice schedule (same days/times each week)
- ★ Practices must be two times a week for 75-90 minutes
- ★ Locate a designated accessible bathroom
- ★ Gain support from location administrators, such as a school principal or director of the community center



A Team Liaison:

- ★ Acts as the main contact for the team's families and the Girls on the Run staff
- ★ Helps identify 2-4 volunteer coaches (we can help find community volunteers if need be)
- ★ Assists in recruiting girls within the community
- ★ Offers support to families who need help registering their girl

Submit a Site Application at www.girlsontherunutah.org/start-site.

COACH WITH US

Our Volunteer Coaches:

- ★ Do not have to be runners or female to be a positive mentor
- ★ Commit to the practice schedule (two times per week after school)
- ★ Must complete coach training both online and in-person
- ★ Consent to and complete a background check
- ★ Receive supplies and ongoing support from Girls on the Run
- ★ Work with co-coaches to safely lead girls during practice
- ★ Are at least 18 years of age (junior coach positions available!)

Submit a Coach Application at www.girlsontherunutah.org/coach.



**LIFE COMES
AT GIRLS FAST**

**JOIN US IN HELPING THE GIRLS IN YOUR
COMMUNITY FIND THEIR PACE**

BE A RUNNING BUDDY A Running Buddy is a volunteer or an adult family member who runs with a girl during the practice 5K and final 5K celebration. They encourage and keep pace with their girl, ensuring her safety and sharing in her joy as she crosses the finish line!

Complete the 5K registration and pay the \$30 fee at www.girlsontherunutah.org/5k.

LEARN MORE AT WWW.GIRLSONTHERUNUTAH.ORG

PROGRAM FEE

At Girls on the Run, we stand firm in our long-standing commitment to offer our program to ALL girls in Utah that would like to participate.

Various fee options for families and schools are available to help make the program accessible to everyone. **Families are encouraged to pay what they can or choose a payment option based on our program fee guide that works best for their circumstances.** The actual out-of-pocket cost to deliver the 10-week program is \$254. Thanks to the generosity of local donors, sponsors and foundations we have capped the highest registration fee payment at \$195.

PAY WHAT YOU CAN

FULL PROGRAM FEE WAIVERS & PAYMENT OPTIONS ARE AVAILABLE TO ALL FAMILIES

TITLE 1 ELIGIBLE SCHOOLS The program fee at Title 1 eligible schools starts at \$75 due to the higher percentage of low-income families. Bus transportation to the end-of-season 5K will need to be provided at these schools. **Additional payment options and full fee waivers are also available to those families as well.**

PAYMENT PLAN When registering online, families will have the option to make a full payment or select an automated 3-time payment plan that allows payments to be made over the course of 60 days.

THE PROGRAM FEE INCLUDES:

- ★ 20 lessons delivered by trained coaches
- ★ 10 weeks of fun and dynamic practices
- ★ Official Girls on the Run t-shirt & water bottle
- ★ Cinch sack with personal lesson materials
- ★ Girls on the Run journal
- ★ Healthy snack at each practice
- ★ Entry to the end-of-season 5K celebration
- ★ 5K finisher medal, race bib and swag bag
- ★ Comprehensive insurance

PROGRAM FEE GUIDE

Registration Type	Price/Girl
Full Fee	\$195
Fee Assistance Option 1 <i>Annual household income \$65,000-\$80,000</i>	\$150
Fee Assistance Option 2 <i>Annual household income \$50,000-\$64,999</i>	\$100
Fee Assistance Option 3 <i>Annual household income \$35,000-\$49,999</i>	\$75
Fee Assistance Option 4 <i>Annual household income \$25,000-\$34,999</i>	\$25
Fee Waiver	\$0

PROGRAM FEE BREAKDOWN

Fee Choice	Price/Hour
\$75.00	\$2.50
\$125.00	\$4.20
\$195.00	\$6.50

QUESTIONS? Contact our Program Director at ivy@girlsontherunutah.org.

OUR TEAMS

★ 192 SITES ★

SERVED ACROSS UTAH 2007-2022

CACHE COUNTY

Hillcrest Elementary

CARBON COUNTY

Bruin Point Elementary
Castle Heights Elementary
Creekview Elementary
Sally Mauro Elementary
Wellington Elementary

DAVIS COUNTY

Adelaide Elementary
Bountiful Elementary
Buffalo Point Elementary
Burton Elementary
Clinton Elementary
Creekside Elementary
Foxboro Elementary
Heritage Elementary
Hillfield Elementary
Holbrook Elementary
Leadership Learning Academy
Odyssey Elementary
Parkside Elementary
Sam Morgan Elementary
Snow Horse Elementary
Tolman Elementary
West Clinton Elementary

SALT LAKE COUNTY

Canyons School District

Albion Middle School
Bella Vista Elementary
Bellview Elementary
Brookwood Elementary
Butler Elementary
Canyon View Elementary
Copperview Elementary
Crescent Elementary
Draper Elementary
East Sandy Elementary
Eastmont Middle School
Granite Elementary
Lone Peak Elementary
Oak Hollow Elementary
Park Lane Elementary
Peruvian Park Elementary
Quail Hollow Elementary
Silver Mesa Elementary
Willow Springs Elementary

Granite School District

Armstrong Academy
Beehive Elementary
Calvin Smith Elementary
Copper Hills Elementary
Cottonwood Elementary
Crestview Elementary
David Gourley Elementary
Eastwood Elementary
Eisenhower Jr. High
Fremont Elementary
Hillsdale Elementary YMCA
Howard R. Driggs Elementary

Jackling Elementary
Fremont Elementary
Hillsdale Elementary YMCA
Howard R. Driggs Elementary
Jackling Elementary
James E. Moss Elementary
Lake Ridge Elementary
Lincoln Elementary
Magna Elementary
Matheson Jr. High
Mill Creek Elementary
Morningside Elementary
Oakridge Elementary
Oakwood Elementary
Redwood Elementary
Rolling Meadows Elementary
South Kearns Elementary
Stansbury Elementary
Taylorsville Elementary
Thomas Bacchus Elementary
Twin Peaks Elementary
Upland Terrace Elementary
Valley Jr. High
Wasatch Jr. High
West Kearns Elementary
West Valley Elementary
William Penn Elementary
Woodstock Elementary

Jordan School District

Blackridge Elementary
Butterfield Canyon
Elk Meadows Elementary
Falcon Ridge Elementary
Heartland Elementary
Jordan Hills Elementary
Jordan Ridge Elementary
Majestic Elementary
McMillan Elementary
Oquirrh Elementary
Pioneer Elementary
Ridge View Elementary
Riverton Elementary
Silver Crest Elementary
West Jordan Elementary

Murray School District

Grant Elementary
Horizon Elementary
Longview Elementary
Parkside Elementary
Riverview Jr. High
Hillcrest Jr. High
Viewmont Elementary

Salt Lake School District

Backman Elementary
Beacon Heights Elementary
Bennion Elementary
Bonneville Elementary
Bryant Middle School
Butler Middle School
Clayton Middle School
Edison Elementary

Emerson Elementary
Edison Elementary
Emerson Elementary
Ensign Elementary
Escalante Elementary
Franklin Elementary
Glendale Middle School
Hawthorne Elementary
Highland Park Elementary
Hillsdale Middle School
Indian Hills Elementary
Jackson Elementary
Lincoln Elementary
Mountain View Elementary
Nibley Park Elementary
North Star Elementary
Parkview Elementary
Riley Elementary
Roosevelt Elementary
Rose Park Elementary
Uintah Elementary
Wasatch Elementary
Washington Elementary
Whittier Elementary
Woodrow Wilson Elementary

Charter Schools

AISU
American Prep Academy
Canyon Rim Academy
Channing Hall
Dual Immersion Academy
Early Light Academy
Guadalupe Elementary
Providence Hall
Summit Academy
Wallace Stegner Academy
Wasatch Waldorf

Private Schools

Blessed Sacrament
Children's Christian School
J.E. Cosgriff Memorial
Kearns St. Ann School
Madeleine Choir School
Open Classroom
Rowland Hall
St. John the Baptist
St. Francis Xavier
St. Vincent de Paul
The McGillis School
Waterford School

SUMMIT COUNTY

Park City School District

Ecker Hill Middle School
Jeremy Ranch Elementary
McPolin Elementary
Parley's Park Elementary
Trailside Elementary
Treasure Mountain Jr. High

Private Schools

Park City Day School

Weilenmann School

TOOELE COUNTY

Bonneville Academy

UTAH COUNTY

Alpine School District
Alpine Elementary
Brookhaven Elementary
Cherry Hill Elementary
Deerfield Elementary
Eagle Crest Elementary
Eagle Valley Elementary
Freedom Elementary
Grovecrest Elementary
Harvest Elementary
Hidden Hollow Elementary
Orchard Elementary
Rocky Mountain Elementary
Sharon Elementary
Shelley Elementary
Thunder Ridge Elementary
Westfield Elementary
Charter Schools
Mountainville Academy
Treeside Charter School
Walden School

WASATCH COUNTY

Heber Valley Elementary
J.R. Smith Elementary
Midway Elementary
South Summit Middle School
Soldier Hollow Charter School
Timpanogos Intermediate

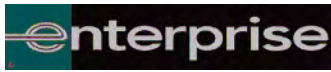
WEBER COUNTY

Country View Elementary
Davinci Academy
Gramercy Elementary YMCA
Heritage Elementary YMCA
Leadership Learning Academy
Lincoln Elementary YMCA
Odyssey Elementary
Riverdale Elementary
Shadow Valley Elementary
Valley View Elementary

COMMUNITY SITES

Bud Bailey Community Team
Daybreak Community Center
Dow James Memorial Park
Falcon Park
High Point Park
Liberty Park
Provo Recreation Center
Spring Creek Park
Sugar House Park
Treehouse Athletic Club
Urban Indian Center
Utah State Hospital
Veterans Memorial Park
Wardle Fields Park
11th Avenue Park

LOCAL SPONSORS



SUPPORTING FOUNDATIONS



- Ace Fund, SLC Mayor's Office
- Anglin Family Foundation
- Charities Aid Foundation
- Clark & Christine Ivory Foundation
- The David Kelby Johnson Memorial Foundation
- Dominion Energy Charitable Foundation
- Edward L. Burton Foundation
- Enterprise Holdings Foundation
- George S. & Dolores Doré Eccles Foundation
- Johnson Foundation of the Rockies
- Larry H. & Gail Miller Family Foundation
- Lawrence T. & Janet T. Dee Foundation
- M Lazy M Foundation
- The Mary Alice & Bennett Brown Foundation
- R. Harold Burton Foundation
- Ruth Armknecht Foundation
- Sorenson Legacy Foundation
- Windermere Foundation



**THANKS TO OUR SPONSORS & COMMUNITY PARTNERS
WE COULDN'T RUN WITHOUT YOU!**



We hope you will join us in creating a world
where every girl knows & activates her
limitless potential & is free to boldly
pursue her dreams.



Girls on the Run Utah

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WWW.GIRLSONTHERUNUTAH.ORG

[SPANISH SITE · WWW.GIRLSONTHERUNUTAH.ORG/ES](http://WWW.GIRLSONTHERUNUTAH.ORG/ES)