

We all belong at the *finish line*



Who we are

Empowering, transforming and inspiring for over 25 years

Girls on the Run is an **international nonprofit** that offers programs to strengthen third- to eighth-grade girls' social, emotional, physical, and behavior skills.

By dynamically weaving physical movement with life-skills lessons, our curriculum **builds confidence and creates healthy lifelong habits.**



Our 'Why'

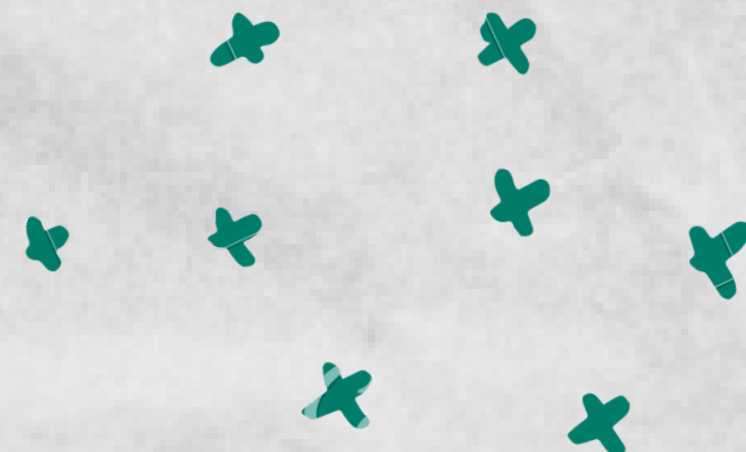
Igniting a spark since 1996

We believe every girl deserves the chance to pursue her limitless potential and become the hero of her own story.



Why do girls need the magic of Girls on the Run?

- Empowers through skill and strategy development to face future challenges
- Provides a safe space of belonging
- Motivates during their most formative years



What We Do

Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

- Unleash confidence through life skills.
- Weave physical activity — that is accessible to all — into thought-provoking lessons.
- Offer a tangible sense of achievement by setting goals for the end-of-season 5K.
- Instill a commitment to community through a hands-on season project.



Three Programs, One Major Impact

Girls on the Run: Grades 3-5

- Unleashes “star power”
- Builds self-worth, empathy and confidence:
 - Team-building activities
 - Setting and achieving goals (5K)
 - Community Impact Project
- Sets healthy habits for life

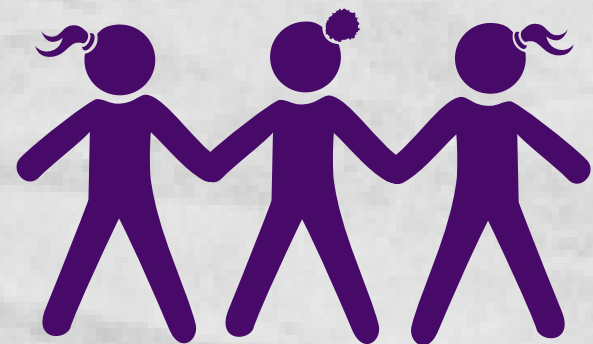


Heart & Sole: Grades 6-8

- Places emphasis on the whole girl by focusing on: body, brain, heart, spirit and connection with others.
- Incorporates movement-based activities and lessons that promote:
 - Developing a strong support system
 - Fostering healthy relationships
 - Offering help to those in need



Camp GOTR: Grades 3-5



- Explores creativity
- Promotes healthy habits
- Ensures girls remain active and empowered in-between seasons



An Ongoing Commitment to Inclusion, Diversity, Equity and Access (IDEA)

Central to our mission since 1996

An external program review found participants, families and coaches felt that Girls on the Run was inclusive, promoted diversity, and was accessible and equitable.

100% of caregivers

who reported that their child required accommodations to fully participate agreed that their child could participate equally to their peers.



97% of girls

felt like they belonged at Girls on the Run.



98% of caregivers

agreed that their child felt emotionally and socially safe at Girls on the Run and included in all activities in which they wished to participate.



Girls on the Run Impact

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

Girls on the Run programming is grounded in research, both internal and external, and detailed evaluation. An independent study reports:



97% of girls

learned critical life skills that they can use at home, at school and with friends.

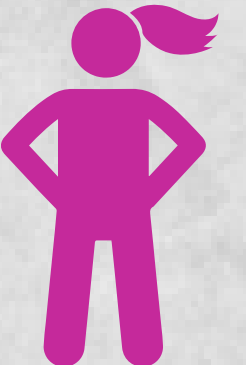


85% of girls

improved their confidence, caring, competence, character and connection to others.

Stronger than sports

The study proved that participation in Girls on the Run – above organized sports – transformed girls' lives by helping them increase their **self-worth**, develop **healthy relationships** and **feel good about themselves**, inside and out.



Details, please!

Program Specifics

Program duration: 10 weeks

Timing: Before or after school

Frequency: Two practices a week

Practice length: 75-90 minutes

Team size: Approximately 15 participants

Operation: Teams are led by trained volunteer coaches.



Community Impact Project

Girls learn the vital lesson that empathy, an open heart and a giving spirit are just as important as achieving our own goals.

Teams plan and execute a project that supports a cause or organization in their area.

"At first, I just thought I was going to do it because of the running, but it is so much more. You get to learn so many life skills that I still use today. Girls on the Run gave me self-confidence to accomplish things that might be hard in my life and taught me to be brave and strong."

- Addyson, participant

Girls on the Run Sites

School Districts

- Mecklenburg County, Catawba County, Gaston County, Cleveland County, Cabarrus County, Lincoln County

Private & Charter Schools

Non-School Sites

- Local Parks
- Non-profit partner sites
- Community Centers
- YMCA's



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

-Diane, parent



Girls on the Run Coaches

Leader. Volunteer. Mentor. It's all in a day's work for a GOTR Coach.



Our Coaches:

- Complete National Coach Training
- Receive season-long support and resources
- Lead teams through curriculum with co-coaches
- Do not have to be runners
- Are committed to seeing girls in their community grow, have fun and become the 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



Site and Site Liaisons

What's the difference?

Sites

- Offer a safe, accessible outdoor place for physical activities (including accessible restrooms)
- Provide a designated indoor space (inclement weather)
- Accommodate a regular practice schedule (twice a week for 75-90 minutes)
- Assist in identifying a site liaison

Site Liaison

- Act as the main site contact for families and councils
- Aid in recruitment efforts
- Offer registration support

GOTR Fun Fact!

Girls on the Run was included as a [top research-based program](#) in a Social-Emotional Learning Guide developed by the researchers at Harvard University and has been [recognized by the National Afterschool Association \(NAA\)](#) as one of the nation's most influential afterschool programs.



GOTR Provides Site Support

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



Program Cost

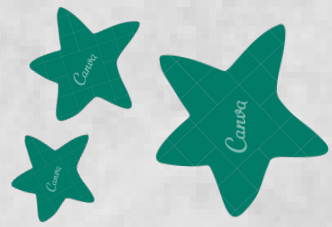
Our current program fee is \$170.00 per participant, which includes:

- 10 weeks/20 lessons led by trained coaches
- Curriculum materials
- Program t-shirt
- 5K event registration

Financial Assistance

Every girl deserves to cross the finish line

- We are committed to ensuring that participation is open to all.
- Financial assistance is available for families who are unable to pay the registration fee.



Next Steps

Get ready to join the GOTR community!

- Complete site application by visiting www.gotrgreaterclt.org/start-team
- Identify Site Liaison
- Confirm schedule
- Start spreading the word about Girls on the Run!

Important Dates

- Site application due date: January 13th
- Spring 2023 program start: February 6th
- Celebratory 5K event date: April 30th

"The experience my daughter, Lana, gained from Girls on the Run helped her realize that she could participant 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

