



Girls on the Run is for **EVERY** girl.



Girls on the Run, a 501c3 nonprofit organization, is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

The 10-week program is designed to enhance girls' social, psychological and physical skills and behaviors to successfully navigate life experiences.

Girls on the Run of Portland Metro
www.girlsontherunpdx.org

WHAT SETS GIRLS ON THE RUN APART

IT'S FUN. IT'S EFFECTIVE.

Girls on the Run is the only national, physical-activity-based, positive youth development program for girls with compelling evidence of program impact.

An independent, national longitudinal study conducted in 2016 provided the following evidence-based outcomes:

- 97% of Girls on the Run participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions.
- Girls who were the least active at the start of the program increased their physical activity by more than 40%.
- Girls on the Run made a stronger impact on teaching life skills to participants than did organized sports or physical education.

INNOVATIVE AND DISTINCT EVIDENCE-BASED APPROACH

Girls on the Run was recognized in Harvard University's 2017 report **Navigating SEL from the Inside Out** for its innovative and distinct approach to social emotional learning. Girls on the Run was **one of only three afterschool programs** recognized as a top research-based social emotional learning program, acknowledging that there are few examples of evidence-based programs like Girls on the Run that have been specifically designed for out-of-school time contexts.



Our Curriculum

The curriculum shows an evidence-based impact on developing competence, confidence, connection, character, caring and contribution in young girls. Twice per week, trained coaches lead small teams of 3rd-5th and 6th-8th grade girls through lessons on life skills that incorporate running and other physical activities.



GIRLS ON THE RUN

Elementary Program for 3rd – 5th grade girls

- Supports girls in gaining a better understanding of who they are, understanding the importance of team work and healthy relationships and recognizing how they can positively connect with and shape their communities and the world.
- Curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, making and maintaining healthy relationships and making an impact on the community.

Team Sizes:

- 8-15 girls led by three coaches.
- Multiple teams are allowed at a site, with no more than 15 girls on each team.



HEART & SOLE

Middle School Program for 6th – 8th grade girls

- Addresses the whole girl – body, brain, heart, spirit and social connection – and supports girls in building critical life skills such as team building, developing a support system, boundary-setting, positively impacting others and asking for and providing help.
- Curriculum themes include: getting to know and understand your “Girl Wheel,” goal-setting, overcoming obstacles, asking for and giving help and positively impacting others.

Team Sizes:

- 8-15 girls led by three coaches.
- Multiple teams are allowed at a site, with no more than 15 girls on each team.

In addition, both programs include physical activity and community service components.

- Running and strength and conditioning activities are woven into lessons.
- At the end of the program, all girls complete a noncompetitive, celebratory 5K that offers girls a tangible sense of goal-setting and achievement.
- The program is accessible to all girls regardless of fitness level or physical ability.
- Girls on the Run inspires girls to build lives of purpose and to make meaningful contributions to community and society.
- Girls on the Run participants complete a group Community Impact Project that they plan and execute as a team.
- Heart & Sole participants complete an individual project called Extending the Girl Wheel, in which they reach out in small, meaningful ways to an individual or group in their community.

HOSTING THE PROGRAM AT YOUR SITE

To host a team, sites must:

- Offer a **safe outdoor place** for running such as a track, soccer field or other accessible open space.
- Provide a **designated indoor space** such as a multi-purpose room or classroom.
- Accommodate a **regular practice schedule** (twice a week for 90 minutes), according to the program calendar.
- Identify a **site liaison**.

Site Liaison Responsibilities

- Serve as link between the school, coaches and GOTR staff.
- Secure an outdoor space and inclement weather location for the team at the school.
- Recruit three volunteer coaches for the team.
- Market the program to girls and families and help with registration as needed.

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“When you look at the core group of girls participating in the program you see them standing a little taller among their peers and how they solve problems, speak up, and then aren’t afraid to express how something made them feel.” -**Sharon, School Administrator**

COACH RECRUITMENT

Girls on the Run and Heart & Sole teams are led by volunteer coaches. We train coaches through our National Coach Training to build relationships, create positive, inclusive environments and to focus on girls' efforts and growth.



Coaches:

- Believe in the inherent power within every girl.
- Have a desire to help girls learn, grow and have fun.
- Want to leave a lasting impact on the lives of girls in their community.
- Can be from within or beyond your site community.
- Receive training and ongoing support from Girls on the Run.
- Do not have to be runners or athletes.

Coach Responsibilities:

- Serve as a role model to girls.
- Attend National Coach Training.
- Work with co-coaches to lead girls through the curriculum as intended.
- Be present and prepared for each practice.
- Participate in the Girls on the Run celebratory 5K event.

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"The character development piece has been a really surprisingly powerful outcome of the Girls on the Run program. My daughter has learned that she can do hard things. She has become more aware of others and how they feel, and she has gained self-confidence."

-Tiffany, Parent

Registration and Financial Aid

Registration

Our current program fee is \$190 per girl. An additional fee may be added at sites with facility use fees. Registration includes:

- 10 weeks/20 lessons led by trained coaches
- All curriculum and lesson materials
- Healthy snacks at each practice
- Girls on the Run or Heart & Sole t-shirt and water bottle
- Registration for the Girls on the Run 5k and a finisher medal
- Post Girls on the Run 5k celebration

Financial Assistance

Financial assistance is available to any girl who cannot pay the registration fee. This past season, Girls on the Run awarded \$77,000+ in financial assistance. Financial Assistance is available on a sliding scale (starting at \$20) so families can choose the registration fee that they are comfortable paying.

Families can access financial assistance through the registration process (online and paper). We do not require proof of income. We rely on the honesty and integrity of caregivers to choose the appropriate registration fee and to contribute as much towards the full cost of the program as they are comfortable.

Community Access Partner (CAP) Sites

Schools where 70% or more of the student population are eligible for free or reduced lunch are recognized with financial aid status and called CAP Sites. CAP Sites receive a reduced program fee of \$300 per team, which can be paid for by the girls and families or the school.

At CAP Sites, only girls enrolled at the partner school may participate on the team. These sites must also agree to support the paper registration process, enter participant information online and assist with the transportation of program participants to and from the Girls on the Run 5k.



Registration Information

Group Size

Each team must have a minimum of 8 girls and a maximum of 15. The minimum is based upon financial and curriculum considerations. Because much of our curriculum is related to team-building and group dynamics, fewer than 8 girls may make it difficult to provide the experience we want to offer the girls. Conversely, more than 15 girls make it difficult to establish the group rapport and the depth of community we are seeking.

Online Participant Registration

- Opens Wednesday, January 15th at 9am at www.girlsontherunpdx.org.
- Lottery registration system during the six days of registration (1/15 - 1/20) to ensure a fair and equal process for all girls. More info available on website.
- Any girl who lives near a program site is invited to participate on the team.

Last Day to Register

Girls can register or be moved from the waiting list to the team through the end of the second week of the program. Girl cannot be added after this date, even if a spot opens.



When we partner with Girls on the Run and Heart & Sole sites, we want those sites to remain healthy and strong for the long run. It's critical that our sites are committed to working with us toward this goal.

Unstoppable Us Financial Assistance Drive

Each Girls on the Run and Heart & Sole girl will be invited to participate in our "Unstoppable Us" financial assistance drive. Materials will be sent home with girls after the season starts. All money raised will help support Girls on the Run, increase our financial aid fund and allow us to keep fees as low as possible so more girls can participate. It is optional for girls to participate and all donations are tax-deductible.

Adopt-A-Team

School staff and parents have the powerful ability to "open the door" to new Girls on the Run sponsors through personal networks. This makes a big difference! A supporter or a local business can adopt your team. This support provides financial aid, subsidies for the registration fee, shoes for girls in need and more. Contact Executive Director, Mavia Haight, at mavia.haight@girlsontherun.org for more information.

SoleMates

A teacher, parent or friend of the school may choose to become a SoleMate and raise funds through this adult charity running program. A SoleMate selects her/his own running goal (e.g., 10K, half-marathon, marathon) and raises funds to support Girls on the Run financial aid and growth while working toward her/his goal. Visit our website and click on "SoleMates" for more info.

Direct Support

Many of our sites support Girls on the Run directly through:

- A contribution from the school's PTO/organization toward financial aid support for girls.
- Donation of funds raised from a "Dress Down Day."