



Girls on  
the Run



become an  
**OFFICIAL SITE**

# Girls on the Run Hampton Roads Information Guide



  @gotrhr  Girls on the Run Hampton Roads

757-965-9040, [www.gotrhr.org](http://www.gotrhr.org)



# We inspire girls to be joyful, healthy, and confident.





# JOIN RECENT GIRLS ON THE RUN SITES

The following sites have hosted GOTR teams for one or more seasons in the last two years.

## ACCOMACK COUNTY

Arcadia Middle  
Chincoteague Elementary  
Kegotank Elementary  
Metompkin Elementary  
Pungoteague Elementary

## CHESAPEAKE

Camelot Elementary  
Camelot Park  
Chesapeake City Park  
Deep Creek Central Elementary  
Deep Creek Park  
G W Carver Intermediate  
Georgetown Primary  
Great Bridge Intermediate  
Greenbrier Intermediate  
Greenbrier Middle  
Lakeside Park  
Mt. Pleasant Christian School  
Norfolk Highlands Primary  
Oscar Smith Middle  
Southwestern Elementary  
Taylor Bend YMCA  
Thurgood Marshall Elementary  
Tritt Intermediate

## HAMPTON

Aberdeen Elementary  
Alfred S. Forrest Elementary  
Armstrong School for the Arts  
Burbank Elementary  
Hampton Family YMCA  
Langley Elementary  
Mary S. Peake Elementary  
Phenix K-8

## ISLE OF WIGHT

Carrollton Elementary  
Carrsville Elementary  
Georgie Tyler Middle  
Hardy Elementary  
Smithfield Community GOTR  
Smithfield Middle  
Westside Elementary  
Windsor Elementary





## NEWPORT NEWS

An Achievable Dream Academy  
B.C. Charles Elementary  
Carver Elementary School  
Deer Park Elementary  
Dutrow Elementary  
General Stanford Elementary  
Greenwood Elementary  
Hidenwood Elementary  
Jenkins Elementary  
Katherine Johnson Elementary  
Kiln Creek Elementary  
Knollwood Meadows Elementary  
McIntosh Elementary  
Newsome Park  
Palmer Elementary  
Richneck Elementary  
Saunders Elementary  
Sedgefield Elementary  
Stoney Run Elementary  
Trinity Lutheran School  
Yates Elementary

## PORTSMOUTH

Churchland Middle  
Douglass Park Elementary  
Park View Elementary  
Simonsdale Elementary  
Victory Elementary  
Waterview Elementary  
YMCA of Portsmouth

## NORFOLK

Academy at Rosemont Middle  
Academy for Discovery at Lakewood  
Azalea Gardens Middle  
Broad Creek Community Center  
Camp Allen Elementary  
Coleman Place Elementary  
Crossroads Elementary  
Ghent School  
Granby Elementary  
Ingleside Elementary  
James Monroe Elementary  
Lakewood Park  
Larchmont Elementary  
Larrymore Elementary  
Lindenwood Elementary  
Norfolk Academy  
Norfolk Collegiate School  
Northside Park  
Oceanair Elementary  
Sewells Point Elementary  
Sherwood Forest Elementary  
Southside STEM Academy at  
Campostella  
Suburban Park Elementary  
Tarrallton Elementary  
Titustown Heart & Sole  
W.H. Taylor Elementary  
Willard Model Elementary  
YMCA Family Center on Granby

**The U.S. Surgeon General released a report in May of 2023 reinforcing the important connection between physical activity and mental health.**

**Dr. Murthy highlighted Girls on the Run as an example of a program for girls to “learn life skills through interactive lessons and running games.”**



## SUFFOLK

Bennett's Creek Park GOTR  
Booker T. Washington Elementary  
COL Fred Cherry Middle  
Creekside Elementary  
Elephant's Fork Elementary  
Florence Bowser Elementary  
Hillpoint Elementary  
Lake Meade Heart & Sole  
Mack Benn Jr. Elementary  
Nansemond Parkway Elementary  
Nansemond-Suffolk Academy  
North Suffolk Community GOTR  
Oakland Elementary  
Southwestern Elementary  
Suffolk Family YMCA



## VIRGINIA BEACH

Alanton Elementary  
Arrowhead Elementary  
Bettie F. Williams Elementary  
Birdneck Elementary  
Brookwood Elementary  
Centerville Elementary  
Christopher Farms Elementary  
College Park Elementary  
Corporate Landing Elementary  
Glenwood Elementary  
Great Neck GOTR Girls  
Holland Elementary  
Indian Lakes Elementary  
Kempsville Elementary  
Kempsville Meadows Elementary  
Kings Grant Elementary  
Kingston Elementary  
Landstown Elementary  
Luxford Elementary  
Lynnhaven Elementary  
Malibu Elementary  
Mt. Trashmore Park GOTR Girls  
Ocean Lakes Elementary  
Parkway Elementary  
Point O' View Elementary  
Providence Elementary  
Red Mill Elementary  
Rosemont Elementary  
Rosemont Forest Elementary  
Thalia Elementary  
Thoroughgood Elementary  
Three Oaks Elementary  
Trantwood Elementary  
W.T. Cooke Elementary  
White Oaks Elementary  
Woodstock Elementary



## WESTERN TIDEWATER

Buckland Elementary  
Franklin Parks and Recreation  
Gates Central Middle School  
Gatesville Elementary  
Luther Porter Jackson Middle School  
Nottoway Elementary  
Surry Elementary School  
Sussex Central Elementary  
T.S. Cooper Elementary

## YORK COUNTY

Grafton Bethel Elementary  
Magruder Elementary School,  
York County School District  
Victory Family YMCA  
Waller Mill Elementary  
Williamsburg Community GOTR





# WHO WE ARE



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.

## We take pride in our progress:

- Each year, more than **200,000 girls** ages 8 to 13 participate across the United States and Canada.
- Since 1996, **over 2.25 million girls** have been transformed, inspired, and empowered by the program.
- With more than 330 5K events taking place annually, **GOTR is the largest 5K series (by number of events) in the world.**
- Over **600,000 participants and spectators** attend GOTR 5Ks every year.
- Since the Hampton Roads council was founded in 2006, we have **served over 20,000 girls in Hampton Roads and Western Tidewater.**
- Our largest 5K had **over 2,500 participants.**



"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**



# OUR COUNCIL

## Girls on the Run Hampton Roads

was founded in

# 2006



In 2023-24  
we served

# 2,100 girls

on

# 111 teams

## Harvard University

recognized  
Girls on the Run  
as one of the



research-based, out-  
of-school programs  
included in their

## Social-Emotional Learning Guide



**Our Hampton Roads Council has received the backing of  
the local health community:**

**Anthem, CHKD Sports Medicine, GEICO, OBICI Healthcare Foundation,  
Rite Aid Foundation, and United Way of South Hampton Roads**



# A CRITICAL NEED



Since the start of the COVID pandemic, 79% of girls feel lonelier and more depressed.



Physical activity declines starting at age ten and continues to decrease as girls age.

Girls' self-confidence begins to drop by age nine.



50% of girls ages 10 to 13 experience bullying.



**"WITH THE RIGHT PROGRAMS AND SERVICES IN PLACE, SCHOOLS HAVE THE UNIQUE ABILITY TO HELP OUR YOUTH FLOURISH."**

**Kathleen Ethier, Ph.D. CDC Division of Adolescent and School Health Director**

The Girls on the Run curriculum empowers girls to build confidence and successfully navigate life experiences. Over the course of the program, physical activity serves as a platform for teaching interpersonal skills and promoting holistic health outcomes.





# WHY GIRLS ON THE RUN?

**Evidence-based research from leading youth development experts has proven that Girls on the Run:**



Prompts independent thought and intentional decision-making

Fosters healthy relationships

Strengthens self-respect



Enhances girls' ability to stand-up for self & others

Builds confidence



Establishes a life-long appreciation for health and wellness

These clear outcomes in relation to social-emotional learning goals are just one aspect of GOTR's key differentiation from other after school programs. Providing an environment for girls to learn meaningful skills, form new friendships, and become their most authentic selves lays the groundwork for a better, more inclusive world for all.





# WHAT SETS GOTR APART

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

Girls on the Run programming is continuously evaluated, both internally and externally. Recent studies uncovered that:

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.



"This program is amazing. My daughter participated for three years and now volunteers and still does the 5K. Girls on the Run is a safe space for her to discuss the complicated issues preteens and teens deal with. The faces on the girls when they cross the finish line are absolutely amazing. They know they've really accomplished something."

**-ROBIN, PARENT**



# TRANSFORMING LIVES

## Three programs, one life-long impact.

At the heart of our programs are:

Evidence-based curriculum

Nationally trained coaches

Intentional evaluation

IDEA-focused approach

Physical activity accessible for all ability levels

Social-emotional skill development

Community service involvement



### Girls on the Run: Grades 3-5

The research-based curriculum includes:

- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large

The program unleashes confidence through:

- Setting and achieving goals (like the 5K)
- Making new friendships
- Participating in community service work
- Empowering girls to appreciate the value of healthy habits



### Heart & Sole: Grades 6-8

Focuses on five key parts:

- Body, brain, heart, spirit, and connection with others

Incorporates movement-based activities and lessons that instill critical life skills such as:

- Developing a strong support system
- Fostering healthy relationships
- Offering help to those in need



### Camp GOTR: Grades 3-5

A week-long program that ensures girls remain active and empowered in between seasons

Centers on:

- building friendships, exploring creativity and playing fun games that keep girls happy, healthy and moving



# AN ONGOING COMMITMENT

## TO INCLUSION, DIVERSITY, EQUITY AND ACCESS (IDEA)

### Advancing IDEA is foundational to our mission

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

- 97% of girls felt like they belonged at Girls on the Run.
- Nearly 100% of girls agreed they felt safe at Girls on the Run and that their coaches cared about them.
- 97% of girls agreed they could be themselves at Girls on the Run and felt included in all GOTR activities they wished to participate in.
- 100% of caregivers who reported that their child required accommodations to fully participate agreed that their child could participate equally to their peers.
- 98% of caregivers agreed that their child felt physically, emotionally, and socially safe at Girls on the Run and included in all GOTR activities they wished to participate in.







# GIRLS ON THE RUN COACHES

**LEADERS. VOLUNTEERS. MENTORS.**

## Girls on the Run and Heart & Sole Coaches:

- 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
- Are committed to seeing girls in their community grow, have fun, and become leaders of tomorrow



All coaches must submit a coach application each season and pass a background check through GOTR Hampton Roads every two years. All NEW coaches must complete National Coach training. Returning coaches may have new modules to complete.



"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**



# COST & FINANCIAL ASSISTANCE

## Program Cost

Our current program fee is \$185 per participant, which includes:

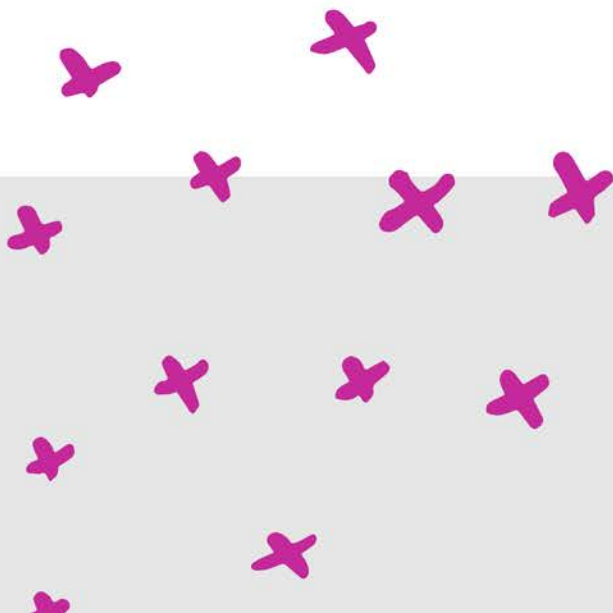
- 12 weeks/20 lessons led by certified & background-checked coaches
- Curriculum materials including a journal, markers, and a sports pack with supplies
- Official program t-shirt and water bottle
- 5K event registration with finisher medal and souvenir bib

## Financial Assistance:

**Every girl deserves to cross the finish line.**

Financial assistance is available to families who cannot pay the full registration fee. Our sliding scale is based on self-reported income and household size.

Girls on the Run Hampton Roads is proud to have provided \$183,570 in financial assistance last school year. We are committed to being accessible to any girl who wants to participate and are dedicated to ensuring that program cost is never a barrier to participation. We are able to provide a discounted rate due to the generous support of local businesses, individuals, and foundations.





# NEXT STEPS

## Are you ready to join the GOTR community?

Invest in tomorrow's leaders! Kick off this new and exciting chapter by completing the following steps:

- Submit site registration form and coach registration form
- Identify site liaison
- Confirm your site's practice schedule
- Use GOTR marketing materials to help register girls

## Site Requirements

- Offer a safe and accessible outdoor space (and restroom).
- Provide a designated accessible indoor space in case of inclement weather.
- Accommodate a regular practice schedule of 2 times a week for 75 - 90 minutes.
- Assist in identifying a site liaison and volunteer coaches.
- One CPR/First Aid certified coach must be present at every practice.
- A site must have at least two coaches present at every practice for up to 15 girls and three coaches present at every practice for 16 to 20 girls.

*If you cannot secure coaches, have no fear! We will work with you to identify coaches from our volunteer pool!*

## Important Dates to Keep an Eye Out For on Our Website:

- Site & coach application deadline
- Program start date
- 5K Festival date





# HOW TO GET INVOLVED

**BE A**  
**FUN**  
**RAISER**  
.....  
Join our team of  
**SoleMates**  
and complete a race event to raise money for our Scholarship Fund.

**BE A**  
**COACH**  
.....  
Mentor, lead, and have fun with a team of girls during our fall or spring season.  
.....  
Register for training with our staff on our website.

 [www.gotrhr.org](http://www.gotrhr.org)  
 Girls on the Run Hampton Roads  
  @gotrhr



**BE A**  
**SPONSOR**  
.....  
Connect your business to **thousands** of southeastern Virginia families.  
Show your community support through this unique cause-related marketing opportunity.

**BE A 5K VOLUNTEER**  
.....  
Help with all aspects of "running" the most inspiring and fun 5K event ever.  
From water stations to packet pick-up, we have a place for you!

**BE A 5K PARTICIPANT**  
.....  
Set your own goal of completing 3.1 miles with our girls. The energy at our 5K is like no other, and the enthusiasm is infectious!



# We all belong at the finish line



## Girls on the Run Hampton Roads Staff

### Administrative Staff

#### Executive Director:

Ellen Carver, [ellen@gotrhr.org](mailto:ellen@gotrhr.org)

#### Director of Mission Advancement:

Hayley Beckner, [hayley@gotrhr.org](mailto:hayley@gotrhr.org)

#### Marketing & Communications Manager:

Olivia Highton, [olivia@gotrhr.org](mailto:olivia@gotrhr.org)

**Contact us to bring Girls  
on the Run to your school,  
neighborhood, or community!**

### Program Directors

#### Chesapeake:

Molly Gray, [molly@gotrhr.org](mailto:molly@gotrhr.org)

#### Eastern Shore & VB:

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#### Norfolk & Portsmouth:

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