

We all belong at the **FINISH LINE**



Girls on the Run® Spring 2025



Goshen Intermediate School
Goshen, NY



Washington Irving Intermediate School
Tarrytown, NY



Hillside Elementary School
Hastings on Hudson, NY



Van Cortlandtville Elementary School
Mohegan Lake, NY

Bring Girls on the Run to
your school, neighborhood
or community!



WHO WE ARE



Girls on the Run is an national 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 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.*



Post Road Elementary, White Plains, NY
Medal Monday



"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

**Pre-pandemic statistics. We look forward to building back stronger.*



ABOUT OUR PROGRAMS

Two 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

- Girls on the Run is launching three new curriculum versions for 3rd- to 5th-grade girls. The first two focus on building confidence in being ourselves and tackling challenges, while the third is in development.
- The curriculum covers essential topics for 8- to 10-year-olds, including emotional management, friendship-building, and empathy. Lessons foster learning, open discussions, and fun activities that resonate with today's girls.
- Each program concludes with a Community Impact Project and a 5K Celebration.
- Teams meet twice a week for 75-90 minutes.



Heart & Sole: Grades 6-8

- Focuses on five key areas: **body, brain, heart, spirit, and connection with others**. The program incorporates movement and lessons to teach critical life skills, such as:
 - Building a strong support system
 - Fostering healthy relationships
 - Helping those in need
- Two 10-week program options:
 - Option 1: Teams meet once a week for 120 minutes
 - Option 2: Teams meet twice a week for 75 minutes
- Program concludes at the community-wide 5K Celebration

HOW TO START A TEAM

Join us in making a difference!

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.

Who Can Host a Team?

Anybody! We partner with Public, Private and Charter Schools, City Parks/Rec Centers, Community Centers (YMCA, Boys & Girls Clubs), and more!

Site Requirements

- Offer a safe and accessible outdoor place (and restroom).
- Provide a designated accessible indoor space in case of inclement weather.
- Accommodate a regular practice schedule 2x times a week for 75-90 minutes).
- Assist in identifying a site liaison.

Site Liaison Requirements

Site liaison responsibilities include:

- Act as the site's main point of contact for families/participants and GOTR council staff
- Aid in recruitment efforts by distributing marketing materials (provided by GOTR).
- Offer support to families who need registration assistance.
- Identify 2-3 coaches from their site and/or community



Cornwall Elementary and Middle School Teams, Cornwall NY



Carrie E. Tompkins School

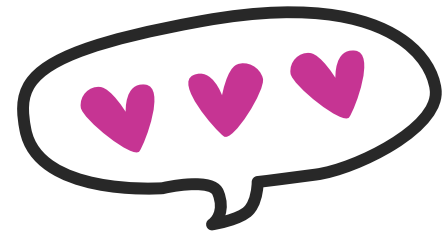


Viola Elementary School, Montebello, NY



GIRLS ON THE RUN COACHES

LEADERS. VOLUNTEERS. MENTORS.



Coach Criteria*

- 18+ years old
- Complete National Coach Training (online modules + in-person)
- Complete National Background Check
- Committed to supporting girls in their community to grow, have fun and become leaders of tomorrow.

*Coaches DO NOT have to be runners

Coach Responsibilities

- Co-facilitate curriculum with other coaches
- Track attendance through GOTR's App
- Create positive, trauma-sensitive and inclusive environments
- Receive season-long support, resources and tools from GOTR
- Attend a mid-season virtual meeting (one coach per team)
- Participate in the celebratory end-of-season 5K Event



Pawling Elementary School
Pawling, NY



"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

A ONE-OF-A-KIND 5K CELEBRATION!

Each Girls on the Run season concludes with a joyful and fun non-competitive 5K Celebration.

This is a day when GOTR teams throughout the Hudson Valley come together, along with their coaches, caregivers, and community members, to celebrate how far participants have come and how far they will continue to go. Everything girls have been working toward leads to this unforgettable and inspiring day, giving them the chance to showcase their dedication, embrace boundless joy, and demonstrate the stamina and confidence needed to cross the finish line.



2024 Fall 5K at Rockland Lake

Spring 2025 Celebratory 5K Event Details

GOTR 5K South

For teams located in Rockland, Putnam and Westchester counties

Friday, June 6th
6:00 PM Arrival
7:00 PM 5K Start

Rockland Lake State Park
Congers, NY

GOTR 5K North

For teams located in Orange, Dutchess and Ulster counties

Sunday, June 8th
7:00 AM Arrival
8:00 AM 5K Start

LEGOLAND New York Resort
Goshen, NY



COST AND FINANCIAL ASSISTANCE

Program Cost

Building confidence and setting young girls down the path of a healthy lifestyle is PRICELESS! However, there are real costs associated with operating a non-profit organization and delivering the GOTR program to over 2,000 girls throughout the Hudson Valley each year. The current registration fee is \$180 per participant, which includes:

- 16-18 ninety-minute sessions conducted by certified GOTR volunteer coaches
- Curriculum and lesson materials
- Official Program t-shirt and water bottle
- 5K Registration fee
- 5K Medal
- Post 5K Celebration
- End of season program gift and keepsake

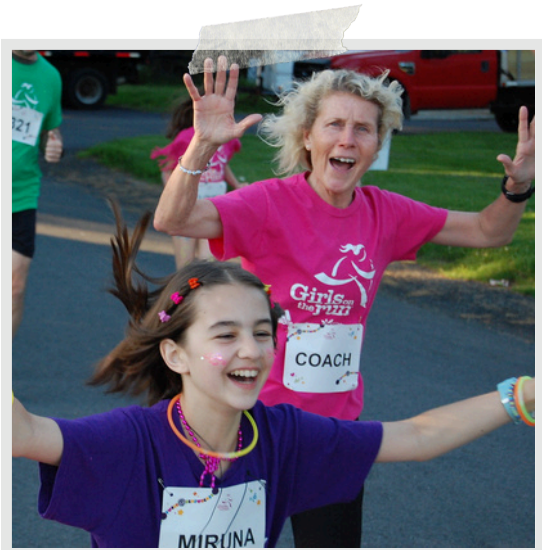


Note: Each participant must have a 5K Buddy with them on the course at the end-of-season 5K event. Separate from the program registration fee, there is a 5K Buddy \$25 5K registration fee due midway through the season.

Financial Assistance

EVERY GIRL DESERVES TO CROSS THE FINISH LINE

Girls on the Run fees are structured on a sliding scale based upon self-reported household income, and designed to provide programming that is equitable and accessible to all. During the online registration process, families are able to select what they are able to pay if the full fee is not affordable for them. Our sliding scale has a range of fees based on household income. Financial assistance is always available, and we will never turn a girl away.



Casimir Pulaski School
Yonkers, NY

Registration Sliding Scale Fee	
Annual Household Income	Registration Fee
\$75,000+	\$180
\$60,000-\$74,999	\$150
\$45,000-\$59,999	\$110
\$30,000-\$44,999	\$80
\$0-\$29,999	\$35



RESOURCES

PROVIDED BY GIRLS ON THE RUN



**Before the first practice to the 5K finish line,
Girls on the Run is there.**



Program sites can count on GOTR to provide:

- Marketing and registration materials
- Templates for 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



Willow Avenue School
Cornwall, NY

"Girls on the Run is an excellent program that allows girls to become physically fit while learning to have confidence and learn about character development.

- PENNI, PRINCIPAL





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 application by March 14, 2025: <https://www.girlsontherunhv.org/start-team>
- Identify a Site Liaison
- Begin recruiting 2-3 volunteer coaches
- Confirm your site's practice schedule
- Use GOTR marketing materials to help register girls

Mark these important dates on your calendar!

- Site application deadline: March 14, 2025
- In-Person Coach Training: March 15, 2025 at 10AM
- Spring program start date: Week of March 30, 2025
- Celebratory 5K event dates: Friday, June 6th and Sunday June 8th



We look forward to collaborating with you on this incredible journey. Your role in this program is pivotal to so many girls' futures. Because of your investment, many more girls will have the confidence to follow their dreams, defy societal norms and create healthy habits that last a lifetime.

Questions?

We are here for you!

Loretta Djurasevic

Orange, Dutchess and Ulster County
Program Coordinator

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Jodi Cabrera

Rockland, Putnam and Westchester
County Program Coordinator

✉ Jodi.cabrera@girlsontherun.org



Highland Elementary School
Highland, NY

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

