

BRING Girls on the Run® TO YOUR SCHOOL!



Who We Are

Girls on the Run is a nonprofit that creates and offers evidence-based empowerment programs that help third- to eighth-grade girls build confidence, address negative issues, and deepen vital physical, mental, emotional, and social life skills.

Impacts of GOTR

By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community projects
- Intentional goal-setting activities



...she gains these FOR LIFE.

- Deep inner strength
- Meaningful connection to others
- Foundation of physical health
- Empathy and respect for those around her
- Confidence to pursue dreams of all sizes

GIRLS NEED GOTR

Here's why:



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



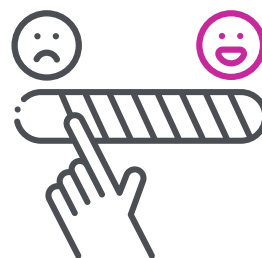
Physical activity starts to decline **at age ten** and continues to decrease as girls age.



50% of girls ages 10 to 13 experience bullying.



Only 24% of six- to 17-year-olds participate in at least 60 minutes of physical activity every day.



57% of U.S. teen girls felt **persistently sad or hopeless** in 2021 – double that of boys and representing a nearly 60% increase over the past decade.

OUR PROGRESS IS POWERFUL!

- Girls on the Run DFW serves more than 800 participants annually.
- Since 2005, over 12,000 teammates have participated in our program.
- More than 250 volunteers (including caring coaches) support, uplift, and inspire our girls every year.
- Over 1200 participants and spectators attend our 5K Celebrations every year.





GET INVOLVED WITH GOTR

HOSTING A TEAM:




Provide a Site

- Offer a safe, accessible outdoor place with a restroom (and a designated indoor space for inclement weather)
- Accommodate a regular practice schedule 2 times a week for 90 minutes




Secure a Site Liaison

- Act as the main site contact for families, participants, and council staff
- Help recruitment efforts and distribute marketing materials
- Provide families with registration assistance
- Identify 2-3 coaches from your site and/or community*



At a time when girls may be struggling to fit in or find their voice, our programs reassure them that they belong.



By hosting a team, you will inspire girls to embrace their individuality, make new friends, and find joy in movement.

**If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.*





Transforming Lives

IT'S WHAT WE DO



Three programs, one life-changing impact.

Girls on the Run is the only physical activity-based, positive youth development program for girls with a research-based curriculum, trained coaches, and a commitment to serving all girls.

Every practice, coaches lead teams through fun and engaging activities that innovatively blend social emotional life skills with physical movement.



Girls on the Run: Grades 3-5

- Understand ourselves, value teamwork, and recognize our impact on the world.
- Set and achieve goals, nurture emotional health, connect with others, and appreciate healthy habits.



Heart & Sole: Grades 6-8

- Learn how to develop a strong support system, foster healthy relationships, and offer help to those in need.
- Understand the important connection between body, brain, and heart.



Camp GOTR: Grades 3-5

- Remain active and empowered in between seasons
- Build friendships, explore creativity, and play fun games.

How GOTR SUPPORTS You



EVERY STEP OF THE WAY

Program sites can count on GOTR for:

- Marketing and registration materials
- Parent/guardian communications
- 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



The data – and participant voices – say it all!



98%

OF PARTICIPANTS

said they had fun at their Girls on the Run practice.



98%

OF PARTICIPANTS

said they would tell their friends to participate in Girls on the Run.



97%

OF PARTICIPANTS

said they learned things at Girls on the Run that are important to them.

COST AND FINANCIAL ASSISTANCE

Program Cost

Our current program fee is per participant, which includes:

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

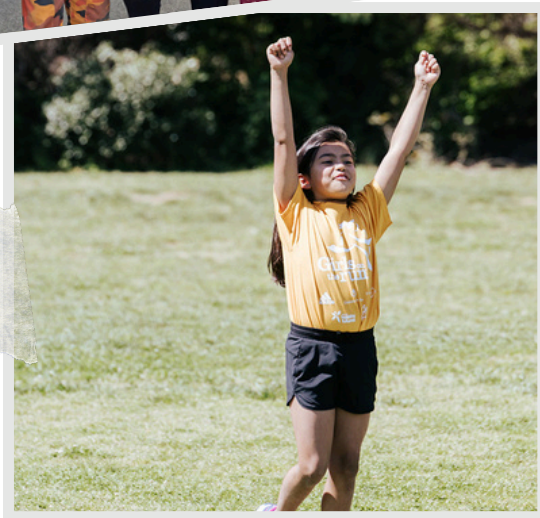
Financial Assistance

EVERY GIRL DESERVES TO CROSS THE FINISH LINE

Financial assistance is available to families who cannot pay the full registration fee. Girls on the Run DFW Metroplex is proud to provide more than half of the girls we serve each season with financial assistance. 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.

Financial assistance is available to all families who apply. We use a sliding scale (\$40-\$195) based on family income to determine the discounted rate for each girl. Families are also able to set up payment plans if needed.

Schools with 90% or more of the students qualifying for free & reduced lunch will receive a discount code that will automatically discount the registration fee to our lowest (\$40) fee.



NEXT STEPS

Are you ready to join the GOTR community?

1. Submit site application www.gotrdfw.org/start-site
2. Identify site liaison
3. Confirm site practice schedule
4. Share GOTR marketing materials to help register girls



New Coach Training-August 23, 2025

New Coach and New site application due date: August 22, 2025

Season Spring program start date: September 8, 2025

Celebratory 5K event date: November 22, 2025

We are excited for you to join us and need your help!

Your involvement plays a vital role in building self-confidence in girls. As a result, your community and the world beyond it will become a better, more welcoming place.

With your involvement, that better tomorrow can be filled with girls who nurture their emotional and physical health, boldly follow their dreams, and become adults who lead with integrity, empathy, and kindness.



Questions?

We are here to help!

Please contact Allison Gnade at allison@gotrdfw.org

