



New Site

Information Kit



Empowering girls with the confidence and character they need to become strong and healthy women!

www.girlsontherunrockies.org
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About Girls on the Run

Girls on the Run Rockies is a non-profit 501(c)3 organization that inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Our program combines training for a 5K (3.1 miles) running event with lesson plans designed to promote positive choices and an active lifestyle. Girls on the Run was created in Charlotte, NC in 1996 by Molly Barker, a social worker and 4 time Hawaii Ironman triathlete. Girls on the Run has 225 councils serving girls across the United States.



Watch our video to see what this life-changing program is all about!

The Girls on the Run Curricula

Girls on the Run (GOTR) is the name of the organization, but we offer two programs: Girls on the Run for 3rd through 5th grade girls and Heart & Sole for 6th through 8th grade girls. The principle philosophies and psychological research for both programs are the same, yet some topics and discussion questions vary for developmental reasons. The Heart & Sole curriculum allows for deeper discussion on topics becoming more and more relevant as girls grow into middle school, providing a safe outlet for discussion at this crucial stage of development. The curriculum is available as a two day or one day a week program for a total of 10 weeks (10 or 20 sessions). Each lesson follows a general pattern incorporating lesson goals.



The Girls on the Run curriculum inspires young girls to define their lives on their own terms, make new friends, build confidence, and celebrate all that makes them unique. The girls get a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships, and how they can positively connect with and shape the world.

[View a Sample Lesson](#)



The Heart & Sole curriculum creates a positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond. The girls learn how to put concepts into action, including decision making, boundary setting, and team building.

[View a Sample Lesson](#)

Coaches

We require a minimum of two coaches at each site per practice. Coaches must be CPR (AED) and First Aid certified, and all new coaches must participate in a coach training session before the season starts. Coaches are provided with a research-based curriculum and all program supplies.

Coaches can be parents, teachers, other school staff or community members. We find that coaches from the school community provide continuity and structure that is consistent with your school culture. Start by using our [Coach Flyer](#) to find women that would make great mentors for girls.

Each coach has the following responsibilities:

- Commit to facilitate the 10-week GOTR curriculum at assigned site two days per week
- Submit an online Coach Registration Form and background check
- Complete a brief online training module
- Attend a coach training facilitated by GOTR
- Become CPR (AED) and First Aid certified
- Attend mid-season open house
- Attend the end-of-season Girls on the Run 5K

Community Volunteer Coach Placement

GOTR recruits volunteers who become trained coaches and can be assigned to a site when that site is unable to provide coaches. Our community based coaches are women who are passionate about our mission and are dedicated to helping empower girls. If you need a community based coach, let us know on your site application or by contacting our staff.



Group Size

We require a minimum of 8 girls and limit each group to a maximum of 16 girls with 2 trained coaches. You may have a group of up to 20 participants with 3 trained coaches. Because much of our curriculum is related to team building and group dynamics, fewer than 8 girls makes it difficult to implement the curriculum lessons and provide the experience we want to offer the girls. More than 15 - 20 girls stretches coach materials too thin and makes it difficult to establish group rapport and allow each girl to fully participate. If more than 20 girls at your site are interested in the program, you can have multiple teams as long as you have enough volunteer coaches to support each group.

End-of-Season Celebratory 5K Event

The Girls on the Run End-of-Season 5K is an amazing celebration. For many girls, this is the biggest challenge—and the biggest accomplishment—of our program. The goal of Girls on the Run is for the girls to do their best and HAVE FUN! Our 5K is not competitive; instead, girls are encouraged to reach their own goals. For many girls, that’s crossing the finish line, whether it is by walking, running or skipping! In the fall and spring, we host multiple 5K events located in the Denver metro area, Colorado Springs and northern Colorado. These events are hosted on different dates and in different locations to accommodate our growing landscape of participating girls and families.

For safety reasons, each girl should be supervised with an adult to cheer her on at the End-of-Season 5K event. Typically, 2-3 girls can run with 1 adult but we trust coaches’ judgement on the optimal girl to adult ratio on the 5K course. Invite parents, other school staff and friends to run along with your team. If you are not able to provide enough adults, Community Running Buddies may be available for your team.

Community Running Buddies are women from the community that are encouraging and supportive during the 5K. They are positive role models that encourage setting a healthy pace and are background checked to ensure safety of all girls.



Program Fees

Fees for Girls on the Run Rockies programming are tiered and based on the number of students at the participating school who are categorized as low-income*.

Tier	% of Students Eligible for Free & Reduced Lunch	Fee
FEE	Less than 30%	\$195
PARTIAL	30% - 59.9%	\$95
RACE	60% - 79.9%	\$45
FULL	80% - 100%	\$25

The program fee covers the cost of:

- 20 lessons conducted by two certified GOTR coaches
- Lesson activity handouts and program materials
- A GOTR t-shirt
- End-of-Season Certificate of Achievement
- GOTR coaches training and background check fees
- The entry fee for the end-of-season 5K event
- All administrative assistance to coaches, sites, girls, and parents
- General operating expenses and insurance



Financial Assistance

Our intention is to offer the Girls on the Run program to as many girls as possible, and we do not want fees to prohibit participation. In the event that a girl is unable to afford the cost for the program, we will do everything we can to offer her financial assistance. Families will have the opportunity to apply for financial assistance when they register. To date, we have never turned a girl away due to her inability to pay and will award nearly \$500,000 in financial assistance and subsidies annually, because we truly believe that every girl can be empowered to do amazing things through our program.

Evaluation

An independent study led by Dr. Maureen Weiss, an expert in Positive Youth Development, found that Girls on the Run's intentional life skills curriculum and highly trained coaches help girls increase their self-confidence, develop healthy relationships, and feel good about themselves. The life skills taught by Girls on the Run has a stronger effect on girls than those taught by traditional sports or physical education programs and positively changed girls during the 10-week program and beyond.

*According to the State of Colorado Free and Reduced Lunch eligibility report.

New Site Application Checklist

Before you complete and submit a New Site Application, you will need to have the following information confirmed and approved in order to be considered as a new Girls on the Run Rockies program site.



PROVIDE A SITE COORDINATOR

This person is responsible for monitoring program registrations, distributing program and 5K information, recruiting girls and coaches, and promoting Girls on the Run in the school or site at which the program is being held. Site coordinators are asked to participate in a New Site Orientation call before registration opens.



PROVIDE COACHES

Coaches are female volunteers, typically parents or staff at the school who agree to facilitate the lessons and ensure the girls are safe during practice. We require two coaches at each practice for each group of 8-16 girls. Coaches must be trained by Girls on the Run Rockies in delivering the program, pass a background check and have a current CPR (AED) and First Aid Certification.



PROVIDE A SAFE PLACE FOR PRACTICE (AND A RAINY DAY SPOT)

This includes an area to facilitate the lessons and a safe place for running. The program does not require a track—a field, unused parking lot, or playground will work just fine.



CHOOSE TWO DAYS A WEEK TO MEET FOR PRACTICE

Each session must be 75 - 90 minutes long to ensure that girls have enough time to complete each lesson and to run.



OBTAIN ADMINISTRATION APPROVAL

Your school or site should be informed that the Girls on the Run program will be coming, be aware of the program fee, and be willing to provide a practice space.

Priority Deadline to Apply

We will consider new site applications at any time, but suggest submitting by the priority deadline to ensure your team is guaranteed a spot for the upcoming season.

For Spring: December 30th in order to be considered for the spring season (registration opens for girls in February and teams start meeting in early March)

For Fall: June 30th in order to be considered for the fall season (registration opens for girls in August and teams start meeting in early September)

For more information, please contact:

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