

BRING Girls on the Run® TO YOUR COMMUNITY!



Who We Are

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

Impacts of Girls on the Run

By participating NOW...

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



97%

OF PARTICIPANTS

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

...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

GET INVOLVED WITH GIRLS ON THE RUN RI

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 that is 2 times a week for 90 minutes over 10 week period

✓ 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 1-3 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 youth to embrace their individuality, make new friends, and find joy in movement.

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

www.gotrri.org



98%
OF PARTICIPANTS
said they would tell their friends to participate in Girls on the Run.





Transforming Lives

IT'S WHAT WE DO



Two programs, one life-changing impact.

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

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.

Program sites can count on Girls on the Run for SUPPORT:

- 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



NEXT STEPS

Are you ready to join the Girls on the Run community?

1. Submit site application for our Spring 2024 season online at: www.gotri.org/start-team
2. Identify site liaison/champion and at least 1 coach
3. Confirm site practice schedule
4. Share provided marketing materials to help register youth

Site & coach applications accepted: November 1-February 1

Participant applications accepted: January 1-March 8

Spring 2024 program start date: Week of February 26

Celebratory 5K event date: May 11 or May 19 (TBD)



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

Your involvement plays a vital role in building self-confidence in girl-identifying youth. 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 youth 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 our Program Manager Elizabeth McGann at elizabeth.mcgann@girlsontherun.org
401-203-7024

YOUTH NEED GIRLS ON THE RUN



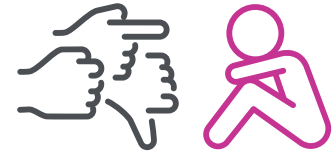
Here's why:



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



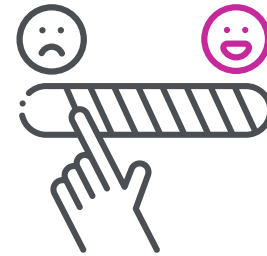
Physical activity starts to decline at age ten and continues to decrease as girls age.



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 Rhode Island annually serves more than 800 youth in communities throughout all 5 Rhode Island counties and Bristol County MA.
- Since 2012 teammates have participated in our program.
- More than 250 volunteers (including caring coaches) support, uplift, and inspire our youth every year.
- Over 1000 participants and spectators attend our 5K Celebrations every year.

