

# Girls on the Run is for **EVERY** girl.

**Girls on the Run is a program like no other! Girls will have fun, make friends, increase their physical activity levels and learn important life skills.**



## More than a Running Program

Unlike other programs, Girls on the Run combines both **life skills learning** and **physical activity**.

### The program fee includes:

- + Twenty interactive lessons led by caring and trained Girls on the Run Coaches
- + An official Girls on the Run T-shirt
- + All program materials including activity sheets and lap counters
- + Registration for the end-of-season celebratory 5K
- + A 5K finisher's medal
- + Friendships, fun and lessons to last a lifetime!
- + Healthy snack at each lesson

## The Girls on the Run Difference



Girls on the Run participants were **significantly more likely** than girls in organized sports to **learn and use life skills** such as managing emotions, resolving conflict, helping others and making intentional decisions.\*



Girls who were **least active** increased their **physical activity level by 40%** throughout the season and continued to be active even after completing the end-of-season 5K.\*

*\*Results from a 2016 external study.*

## Impact in Action



During the season, your girl and her team will work together to create and execute a **community service project**. This experience demonstrates to girls the unimaginable strength that comes from helping others, leaving her better prepared to make her mark on the world!

“

For our community impact project we made cards and signs for kids who were in the hospital. It made me feel good to do something special for someone else”  
– Jade, 11

**REGISTER HER** today

[www.girlsontherunsola.org](http://www.girlsontherunsola.org)



## How Does Girls on the Run Compare?

Girls on the Run is the **only** national physical-activity based, positive youth development program for girls with compelling evidence of impact.

Check out how Girls on the Run compares to other local activities:

Activity	Estimated Cost
Soccer (1 Season)	\$80
Gymnastics (20 1-hour classes)	\$300
After-School Care (20 days)	\$200
Piano Lessons (20 half-hour lessons)	\$280
Girls on the Run (20 90-minute lessons)	Sliding scale from \$25 - \$185 with no girl ever turned away

**Girls on the Run** is a nonprofit organization, not a school-sponsored club or sports program. Therefore, we rely on registration fees, donations, sponsorships and other support to provide a safe, inclusive and one-of-a-kind experience for your girl.

### Registration fees help us to:

- Ensure participant safety:

  - Background checks for every volunteer
  - CPR/First aid training for coaches
  - Liability Insurance
- Deliver a research-based curriculum
- Recruit, train and support high-quality coaches and staff
- Host a memorable and family-focused end-of-season 5K event
- And so much more!

“

This program has given her so much. New friends that she would not have interacted with at school, as well as compassion, empathy and teamwork. We love everything about it.”  
**– Stacy, parent**



Since our inception, we have never turned a girl away based on her inability to pay the registration fee. Over 60% of all GOTR participants receive full or partial scholarship to participate in our program.

Learn more at [www.girlsontherunsola.org](http://www.girlsontherunsola.org)

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