



GIRLS NEED

Girls on the Run

Now More Than Ever



BRING GIRLS ON THE RUN TO YOUR
SCHOOL, NEIGHBORHOOD or COMMUNITY



TOGETHER WE RUN. TOGETHER WE SHINE.

* WHO WE ARE *

Girls on the Run looks a little different this year – but is more important now than ever! Girls on the Run, a 501c3 nonprofit organization, is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Our programs are designed to enhance girls' social, mental, and physical health and behaviors to successfully navigate life experiences. They include physical distancing, safety modifications and are now offered in our new **Hybrid Model** that allows teams to seamlessly transition from in-person to virtual if needed.

Girls on the Run supplies volunteer coaches with the training and materials required to provide girls a safe, trauma-sensitive space to learn valuable life lessons. These lessons include coping when things get difficult, demonstrating care for self and others, and identifying what she values.



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OUR PROGRAMS

GIRLS ON THE RUN

Elementary Program / 3rd – 5th Grade Girls

- Supports girls in gaining a better understanding of who they are, recognizing the importance of teamwork and healthy relationships, and learning how they can positively connect with and shape their communities and the world. This program is offered in our Hybrid Model.
- Social-emotional curriculum themes include turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, forming and maintaining healthy relationships, and making an impact on the community.
- Team size is 6-12 girls led by two or more coaches

HEART & SOLE

Middle School Program / 6th – 8th Grade Girls

- Addresses the whole girl – body, brain, heart, spirit and social connection – and supports girls in building critical life skills such as team building, developing a support system, boundary setting, decision making, positively impacting others, and asking for and providing help. This program is offered in our Hybrid Model.
- Social-emotional curriculum themes include getting to know and understand your “Girl Wheel,” goal setting, overcoming obstacles, asking for and giving help, and positively impacting others.
- Team size is 6-12 girls led by two or more coaches

CAMP GOTR SUMMER

Elementary Program / 3rd – 5th Grade Girls

- A one-of-a-kind camp led by caring and qualified coaches here girls build friendships, unleash their creativity and play fun games that keep them moving in a safe and inclusive environment
- Social-emotional curriculum themes include healthy friendships and exploring emotions

NOW OFFERING YEAR-ROUND PROGRAMS

This spring, Girls on the Run Utah will be holding two sessions to accommodate school closures, social distancing and weather barriers. Are you the one who is going to make a difference and be a positive light for a young girl? **Girls on the Run Utah needs you!**

SPRING SCHOOL TEAMS

March 22 – June 5, 2021

Our Spring 2021 School Teams will follow our new, COVID-safe Hybrid Model.

Any school team may apply and needs to have approval from principal. See guidelines to start a school team on page 5*

We will hold our annual 5K Celebration in accordance with all local, state and federal guidelines. Depending on the current guidelines at that time, all options will be considered to ensure a happy, safe race for all of those involved.



SPRING NEIGHBORHOOD TEAMS

May 3 – June 25, 2021

Our Spring 2021 Neighborhood Teams will follow our new, COVID-safe Hybrid Model.

This team option is for parks, recreation centers, and other community locations that wish to host our Girls on the Run program this spring.

5K Celebrations will be held at locations with each individual team.

You can view our current neighborhood teams under the “locations” tab on our website. Please reach out to our Program Director to inquire about adding a neighborhood park that is not currently on the list at ivy@girlsontherunutah.org.



SUMMER CAMP GOTR

July 12-16, 2021 Girls Have Heart

Girls Have Heart focuses on friendships, with activities designed to discover what makes a good friend and how to be a good friend to others.

July 26-30, 2021 Girls Have Power

Girls Have Power focuses on emotions. Girls learn about the power they possess to recognize emotions in themselves and others, and how to express their feelings through run and interactive activities.

FALL SCHOOL AND NEIGHBORHOOD TEAMS

September 13- November 12

Our Fall 2021 School and Neighborhood Teams will also plan to follow our new, COVID-safe Hybrid Model.

Team applications for Fall will open **June 1, 2021**.



HOW YOU CAN GET INVOLVED

START A TEAM

To Start a Team:

- Identify a safe outdoor place for running (such as a track, soccer field, backyard or any other accessible open space)
- Establish a regular practice schedule (2 times a week for 60-75 minutes, or once a week for 2 hours)
- Provide a designated accessible bathroom
- Assist in identifying a Team Liaison

Submit a **Site Application** at www.girlsontherunutah.org/Start-Site.

Please note: In the case of virtual programming, Zoom, Google Meet or other digital tools will be used in lieu of the in-person team practices. Coaches will work with the girls and their families to determine technology access.

A Team Liaison:

- Acts as the main contact for the team's families, participants and Girls on the Run staff
- Assists in recruiting girls within the team's community
- Offers support to families who need assistance in registering their girl
- Helps identify 2-3 coaches from your school and/or community team*

* *If you are unable to secure coaches, we will work with you to find coaches from our broader community volunteer pool.*

COACH WITH US

Our Coaches:

- Have a desire to help girls learn, grow and have fun
- Receive inclusive training, supplies, and ongoing support from Girls on the Run
- Do not have to be runners or athletes
- Believe in the inherent power within every girl
- Attend Girls on the Run coach training
- Work with co-coaches to safely lead girls through the curriculum either in-person or virtually
- Be present and prepared for each practice during the season
- Participate in the Girls on the Run end-of-season 5K Celebration

Submit a **Coach Application** at www.girlsontherunutah.org/coach.

BE A RUNNING BUDDY

A Running Buddy is a volunteer or family member who runs with and mentors a girl during the practice 5K and final 5K Celebration. Running Buddies encourage and keep pace with their girl, ensuring her safety and sharing in her exhilaration as she crosses the finish line!

The Running Buddy fee is \$20 and includes:

- An official Girls on the Run Running Buddy t-shirt
- Entry to the end-of-season 5K Celebration
- 5K finisher medal and race bib

Registration to be a **Running Buddy opens December 1, 2020**. You can register on our website, www.girlsontherunutah.org.



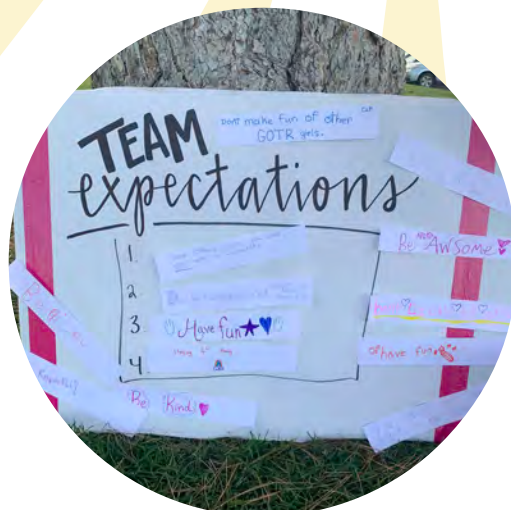
HOW MUCH DOES IT COST TO GET INVOLVED

The out-of-pocket cost for Girls on the Run Utah to deliver the 8-week program to one girl is over \$275. Thanks to the generosity of local donors and sponsors, we are able to provide it to families for \$150. In order to ensure that no girl is turned away based on an inability to pay, Girls on the Run Utah offers scholarships. Full scholarships are given on an as needed basis. If a scholarship is needed, applicants can apply while completing the registration process. Remember, we never turn a girl away for inability to pay! This year we will be providing a COVID-relief discount code for any family in need.

We will provide over \$160,000 in scholarship funding so that ALL girls can participate. If you know of an organization or individual that can help donate funding to support an underserved team or individual girl, please email heidi@girlsontherunutah.org or donate on our website at www.girlsontherunutah.org.

The tangible items each girl receives with her program fee includes:

- 16 lessons delivered by trained Girls on the Run Coaches
- 8 weeks of fun and dynamic practices
- Official Girls on the Run t-shirt and water bottle
- An individual cinch sack with personal curriculum materials and supplies, including our new GOTR Journal
- PPE including a Girls on the Run mask and hand sanitizer
- Entry to the end-of-season 5K Celebration
- 5K finisher medal
- Comprehensive insurance



**FOR QUESTIONS
OR MORE
INFORMATION,**

please contact ivy@girlsontherunutah.org.

GIRLS ON THE RUN AND THE COVID-19 PANDEMIC

There has been a psychological impact on our youth and their families. Research has found that the COVID-19 pandemic has heavily affected the social and emotional health of many young girls. A recent nationwide study by the ROX institute found that 78% of fifth through eighth-grade girls feel lonelier and more isolated since the pandemic began.

This study found that girls who have a stronger support network of adults and friends were better able to cope with the negative feelings brought on by the pandemic. Because of this data, the ROX institute highly recommended that educators consider the social and emotional wellbeing of young girls.

Based on this research, we believe that there has never been a greater need for our social-emotional learning program. Building connections, making one's own decisions, taking risks, and instilling self-confidence are all very important to the wellbeing of our target demographic.

This is why we believe that now more than ever, participating in Girls on the Run can help girls in building their support networks, combating feelings of isolation, and feeling confident and inspired as they stride into the future.

OUR SAFETY PLAN

Every part of Girls on the Run has been adapted to meet the latest guidelines from local, state, and federal health departments. Each lesson is designed to be delivered safely in-person when possible, with modifications to allow for physical distancing and minimized contact. If needed, each lesson can also be delivered virtually using interactive, movement-based best practices for high engagement.

For teams that meet in-person, our safety modifications include:

- No sharing or touching others' supplies. Individual "kits" are provided to each girl, which include a journal, water bottle, writing utensils and more.
- Cleaning all shared surfaces before and after practice
- Maintaining at least 6 feet of distance both indoors and outdoors, and teams will begin, practice and end outside whenever possible.
- Requiring masks, covering both nose and mouth, be worn indoors
- Self-screening protocol daily
- Reporting, exposure and confidentiality policies based on latest health recommendations from local and government experts



FIND OUR COMPLETE COVID-19 HEALTH & SAFETY PLAN AT

www.girlsontherunutah.org

THANK YOU TO OUR SPONSORS! WE COULDN'T RUN WITHOUT YOU.



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PIERCE FOOTWEAR



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**JOIN US IN CREATING A WORLD
WHERE EVERY GIRL KNOWS
AND ACTIVATES HER
LIMITLESS POTENTIAL AND
IS FREE TO BOLDLY PURSUE
HER DREAMS**



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