



New Site Information Kit



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

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About Girls on the Run-Chicago

Girls on the Run-Chicago (GOTRC) 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 mile) 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 serves councils in 47 states and Canada.



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

The Girls on the Run Curricula

Girls on the Run is the name of the organization, but we offer two programs: Girls on the Run for 3rd-5th grade girls and Heart & Sole for 6th-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. Each curriculum covers 20 lessons over the course of 10 weeks, and 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. One coach at each practice 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 which has been used successfully here in the Chicagoland area since 1999.

Each coach has the following minimal responsibilities:

- Commit to facilitate the 10-week GOTR curriculum at your 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 GOTRC
- Become CPR (AED) and First Aid certified
- Prepare for and supervise all lessons during the 10-week season in alignment with GOTR values
- Attend the end-of-season Girls on the Run 5k

GOTRC recruits volunteers who become trained coaches and can sometimes be assigned to a site when that site is unable to provide coaches. Parents and teachers who have not been trained are welcome to attend lessons occasionally to assist coaches and girls, offer encouragement and generally be cheerleaders for the team, but they may not be given coaching responsibilities, nor should they be a disruption to the development of the group dynamic.



Group Size

We require a minimum of 8 girls and limit each group to a maximum of 15 girls with two 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 can make 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 groups as long as you have enough volunteer coaches to support each group.



End-of-Season Celebratory 5k Event

The Girls on the Run-Chicago 5k is an amazing celebration of the season. For many girls, this is the biggest challenge - and 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 fall, we host one 5k event located centrally in the city of Chicago. In spring, the Girls on the Run-Chicago 5k Series will be held at three separate locations throughout the Chicagoland area on three different dates to accommodate our growing landscape of participating girls and families.

For safety reasons, each Girl on the Run must complete the 5k with a Running Buddy at her side to cheer her on and get her to the finish line. If a girl cannot find a Running Buddy, we have a group of amazing female volunteers that come to our 5ks for the sole purpose of taking on this important role. Running Buddies are required to register for the 5k and pay the entry fee. Girls on the Run-Chicago provides a bus to/from the 5k for all girls registered in the Girls on the Run program and their registered coaches.



Read the
Running Buddy
Job Description



Program Fees

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

Tier	% of Students Categorized as Low-Income	Program Fee
A	0-14%	\$175
B	15-29%	\$125
C	30-49%	\$85
D	50%+	\$35

The program fee covers the cost of:

- 20 lessons conducted by two certified GOTRC coaches
- Lesson activity handouts
- Healthy snacks at each lesson
- A GOTRC t-shirt and water bottle
- An end-of-season gift
- End-of-season Certificates of Achievement
- GOTRC coach training and certification fees
- The entry fee for the end-of-season 5k event for each girl
- All administrative assistance to coaches, sites, girls, and parents



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 their girls online. To date, we have never turned a girl away due to her inability to pay and will award more than \$850,000 in financial assistance and subsidies this year, because we truly believe that every girl can be empowered to do amazing things through our program.

Evaluation

Girls in the program are given academically evaluated pre- and post-tests to measure physical, emotional, and attitudinal changes, which helps us to evaluate our programs. GOTRC coordinates the program evaluation during the spring season to a list of randomly selected sites.

*According to the Illinois Report Card.



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-Chicago 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 via conference call.

Provide Coaches

Coaches are 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 8-15 girls. Coaches must be trained by GOTRC in delivering the program, pass a background check, and have current CPR (AED) and First Aid Certification.

Provide a safe place for practice

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 at least 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 our program will be coming, be aware of the program fee, and be willing to provide a practice space.

Deadline to Apply

For Spring: December 30th in order to be considered for the spring season that begins in February.

For Fall: June 30th in order to be considered for the fall season that begins in September.

For more information, please contact

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DIRECTOR OF PROGRAMS



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FITNESS. EMPOWERMENT. FUN!



Make new friends!

Girls on the Run is an after-school program that gives 3rd-8th grade girls the tools to be healthy, happy, and confident!

Girls on the Run is more than just a running program - it gives girls the opportunity to build confidence and healthy habits. Over 10 weeks, girls will recognize their inner strength, make great friendships, and so much more! Each week, training and activities will help build endurance for a celebratory 5k running event. If this sounds amazing, it's because it is!



Reach your goals!

Bring



to our school!



Be yourself!

If interested, please contact:

[Blank white box for contact information]

We believe that **EVERY GIRL** can embrace who she is, can define who she wants to be, can rise to any challenge, can change the world!

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