



Bring Girls on the Run to a location near you

Girls on the Run® prepares girls for a lifetime of self-respect and healthy living. GOTR believes in the power of positive choices and the impact those choices can have on the lives of young girls, now and in their futures.

Health and wellness - social, emotional and physical - are so important not only for academic achievement but for life. GOTR helps girls understand and set health and wellness goals, while encouraging them to build confidence and experience the joy of accomplishment.

GOTR is not a running club. Girls learn **life skills and examine values. It is non-competitive.** Running is simply used a mechanism to help girls work toward a personal best. Girls must be open to the concept of running and can be at any running skill level – from “I’ve never run before” to “I already participate” in running or running sports (e.g. soccer, softball, track). Either way, girls build more confidence and enhance their abilities.



Why Girls on the Run Matters

Girls today sort through countless messages about their worth, their image and their abilities. GOTR girls learn that their worth comes from within, that they define the future on their own terms, that healthy relationships matter, and that they can be a force for good in their community. No limits. No constraints. Only opportunities to be remarkable.



Girls on the Run Palm Beach

Email: programs@girlsontherunpbc.org

www.GirlsontheRunPBC.org

Here's what you'll need

You! A successful site starts with you - a person who has the desire to make a difference in the lives of girls and who brings enthusiasm and perseverance to the process.



- Obtain support and approval from the school principal or site director of a church, HOA, etc.
- Identify a site liaison to manage your GOTR site (you or a teacher, staff member or another who knows the policies and procedures of the site or is willing to learn and work within them).
- Recruit three coaches for your site. Volunteer coaches can include you, teachers, parents, staff members, or others -- whatever complies with the site's policies. If in a public school, at least one teacher or staff needs to host the program as a Club. Each volunteer coach must complete certified training prior to coaching.
- Identify a safe outdoor space, like a field or track, for girls to run and an indoor space, like a gym or classroom, for inclement weather.
- Complete and submit the Site Application located on our website. We will follow-up with you about starting a Girls on the Run program at your location!
- Once the site is approved, promote the program and recruit a minimum of 6 up to 20 girls.*

* We may provide up to two partial scholarships at a location for girls in dire need. Funding of scholarships is directly related to donations received from generous individuals, companies, and grants. You may choose to fundraise to support your site.