We all belong at the finish line

Girls on the Run International
Who We Are

Girls on the Run is an international nonprofit that offers programs to strengthen third- to eighth-grade girls’ social, emotional, physical, and behavioral skills. Girls on the Run is one of the only youth development programs with compelling evidence that proves participants learn life skills and then use them in other aspects of their lives.

We take pride in our progress:

- Each year, more than 200,000 girls ages 8 to 13 participate across the United States and Canada.*
- Since 1996, over 2 million girls have been transformed, inspired and empowered by the program.
- With more than 330 5K events taking place annually, GOTR is the largest 5K series (by number of events) in the world.*
- Over 600,000 participants and spectators attend GOTR 5Ks every year.*

"The lessons reinforced through GOTR really helped strengthen my daughter Elyana’s character. I am very proud to have watched Elyana flourish and learn to love and accept herself and even more importantly, become proud of what makes her unique.”

- Diane, parent

*Pre-pandemic statistics. We look forward to building back stronger.
The U.S. Surgeon General recently highlighted the urgent need to address the nation’s youth mental health crisis, stating that “the future wellbeing of our country depends on how we support and invest in the next generation.”

The Girls on the Run curriculum empowers girls to build confidence and successfully navigate life experiences. Over the course of the program, physical activity serves as a platform for teaching interpersonal skills and promoting holistic health outcomes.
Why Girls on the Run?

Evidence-based research from leading youth development experts has proven that Girls on the Run:

- Builds confidence
- Prompts independent thought and intentional decision-making
- Strengthens self-respect
- Establishes a life-long appreciation for health and wellness
- Enhances girls’ ability to stand-up for self & others
- Fosters healthy relationships

These clear outcomes to social-emotional learning goals are just one aspect of GOTR key differentiator to other afterschool programs.
What Sets Girls on the Run Apart

Intentional curriculum, expert coaches and an inclusive environment all lead to a long-term impact.

Girls on the Run programming is continuously evaluated, both internally and externally. Recent Studies uncovered that:

97% of girls learned critical life skills they can use at home, school and with friends.  
85% of girls improved their confidence, caring, competence, character and connection to others.  
98% of girls would tell other girls to participate in Girls on the Run.  
94% of parents reported Girls on the Run was a valuable experience for their girl.  
97% of girls felt like they belonged at Girls on the Run.  
GOTR participants scored higher in managing emotions, resolving conflict, helping others and making intentional decisions than participants in organized sports or physical education.

“This program is amazing. My daughter participated for three years and now volunteers and still does the 5K. Girls on the Run is a safe space for her to discuss the complicated issues preteens and teens dealing with. The faces on the girls when they cross the finish line are absolutely amazing. They know they’ve really accomplished something.”

-Robin, parent
An Ongoing Commitment to Inclusion, Diversity, Equity and Access (IDEA)

Advancing IDEA is foundational to our mission.

A recent external program review study found participants, families and coaches felt that Girls on the Run was inclusive, promoted diversity, and was accessible and equitable.

97% of girls felt like they belonged at Girls on the Run.

Nearly 100% of girls agreed they felt safe at Girls on the Run and that their coaches cared about them.

97% of girls agreed they could be themselves at Girls on the Run and felt included in all GOTR activities they wished to participate in.

100% of caregivers who reported that their child required accommodations to fully participate agreed that their child could participate equally to their peers.

98% of caregivers agreed that their child felt physically, emotionally and socially safe at Girls on the Run and included in all GOTR activities they wished to participate in.
Transforming Lives

Three programs, one life-long impact.

At the heart of our programs are:
- Intentional evaluation
- IDEA-focused approach
- Evidence-based curriculum
- Nationally trained coaches
- Social-emotional skill development
- Physical activity accessible for all ability levels
- Community service involvement

Girls on the Run: Grades 3-5
The research-based curriculum includes:
- Understanding ourselves
- Valuing relationships and teamwork
- Recognizing how we can shape the world at large
The program unleashes confidence through:
- Setting and achieving goals (like the 5K)
- Making new friendships
- Participating in community service work
- Empowering girls to appreciate the value of healthy habits

Heart & Sole: Grades 6-8
- Focuses on five key parts: body, brain, heart, spirit, and connection with others
- Incorporates movement-based activities and lessons that instill critical life skills such as:
  - Developing a strong support system
  - Fostering healthy relationships
  - Offering help to those in need

Camp GOTR: Grades 3-5
- Is a week-long program
- Centers on building friendships, exploring creativity and playing fun games that keep girls happy, healthy and moving
- Ensures girls remain active and empowered in between seasons
Girls on the Run Coaches


Girls on the Run and Heart & Sole Coaches:
- Complete National Coach Training
- Receive season-long support, resources and tools from GOTR
- Create positive, trauma-sensitive and inclusive environments
- Lead teams through curriculum with co-coaches
- Do not have to be runners or athletes
- Are committed to seeing girls in their community grow, have fun and become leaders of tomorrow.

“From the girls I coach, I have learned a little bit more about myself and a whole lot about the power we have as adults to encourage and motivate the next generation.”

- Cassie, coach
Resources Provided by Girls on the Run

Before the first practice to the 5K finish line, Girls on the Run is there.

Program sites can count on:
- Marketing and registration materials
- Parent/guardian communication
- 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

"Girls on the Run is an excellent program that allows girls to become physically fit while learning to have confidence and learn about character development.

- Penni, principal"