empowering girls in 3rd–8th grade with the confidence and character they need to become strong, healthy women.
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 that creatively integrates running. Our after-school program combines training for a 5K (3.1 miles) running event with lesson plans designed to promote positive choices and an active lifestyle. We are proud to serve more than 11,000 girls each year across eight Chicagoland counties (Cook, DuPage, Grundy, Kane, Kankakee, Kendall, Lake, and Will), and we host programs at private and public schools, park districts, community centers, and churches.

OUR impact

- 85% of girls improved in confidence, competence, caring, character, or connection to others
- Girls who were least active at the start increased in physical activity by more than 40%
- 97% of girls said they learned critical life skills

OUR programs

Girls on the Run is the name of our organization, but we offer two research-based programs: Girls on the Run for 3rd-5th grade girls and Heart & Sole for 6th-8th grade girls. The structure, principle philosophies, and psychological research for both programs are the same, yet some topics and discussion questions vary for developmental reasons.

Girls on the Run 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.

Heart & Sole 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.

TIMING AND LENGTH OF seasons

* Spring season starts late February and ends late May/early June
• Fall season starts late August and ends mid-November
Each season is 10-weeks with teams meeting twice a week for 75-90 minutes each day.
Site Coordinator

All sites must have one (1) Site Coordinator (also referred to as Site Liaison), that works closely with GOTRC staff and serves as a link between their site’s administration, coaches, parents/guardians, and participants. The Site Coordinator is responsible for determining practice dates and times, securing practice space, and recruiting coaches and girls. During the season, the Site Coordinator makes sure that all aspects of the program are running smoothly by checking-in, attending practices frequently, and attending the end-of-season 5K.

Site Coordinator Requirements:

• 21 years or older and associated with the site: administrator, faculty, parent/guardian, etc.
• Complete new site application and webinar
• Submit an online volunteer registration form and background check
• Attend a one-time, in-person training facilitated by GOTRC, held various weekends throughout the Chicagoland area
• Become CPR (AED) and First Aid certified

Coaches

All sites must have a minimum of two (2) Coaches per team. Coaches facilitate the Girls on the Run and/or Heart & Sole curriculum and work closely with program participants and the Site Coordinator. Coaches are responsible for preparing, organizing, and supervising weekly lessons in addition to communicating with parents/guardians. The expected time commitment is 4 hours per week, in addition to attending the end-of-season 5K.

Coach Requirements:

• 18 years or older
• Facilitate the 10-week curriculum two days per week
• Submit an online volunteer registration form and background check
• Attend a one-time, in-person training facilitated by GOTRC, held various weekends throughout the Chicagoland area
• Become CPR (AED) and First Aid certified

Coaches to Girl Ratio

To maintain safety and ensure that lessons are implemented effectively, sites must adhere to our coach to girl ratio at each practice. Each Girls on the Run and Heart & Sole team must have a minimum of 2 coaches and 8 girls to host.

<table>
<thead>
<tr>
<th>Coaches</th>
<th>Girls and Teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Coaches</td>
<td>1 team of 8-15 girls Max: 15 girls</td>
</tr>
<tr>
<td>3 Coaches</td>
<td>1 team of 8-20 girls Max: 20 girls</td>
</tr>
<tr>
<td>4 Coaches</td>
<td>2 teams of 8-15 girls Max: 30 girls</td>
</tr>
<tr>
<td>5 Coaches</td>
<td>1 team of 8-15 girls <strong>AND</strong> 1 team of 8-20 girls Max: 35 girls</td>
</tr>
<tr>
<td>6 Coaches</td>
<td>3 teams of 8-15 girls <strong>OR</strong> 2 teams of 8-20 girls Max: 45 girls</td>
</tr>
<tr>
<td>7 Coaches</td>
<td>2 teams of 8-15 girls <strong>AND</strong> 1 team of 8-20 girls Max: 50 girls</td>
</tr>
</tbody>
</table>

NOTE: There is no limit to the number of girls each site can serve as long as there is proper coach support.
At the end of the 10-week season, girls will participate in our Girls on the Run-Chicago 5K. This celebratory, non-competitive event is the culminating experience of the program. The girls are encouraged to do their best and HAVE FUN! Each girl must have a Running Buddy, an adult chaperone, to run, jog, or walk with her at the 5K. All Running Buddies must register and pay the 5K registration fee – a separate cost incurred toward the end of the season.

Financial Assistance
Our priority is that our program is accessible to all girls, and we do not want fees to prohibit participation. For families facing economic hardship, the opportunity to request a payment plan or financial assistance will be available when registering their girl. To date, we have never turned a girl away due to her family’s inability to pay, because we truly believe that every girl can be empowered to do amazing things through our program.

The program fee per girl includes:
• 20 75-90 minute interactive lessons
• Healthy snacks at each practice
• Program t-shirt
• Water bottle
• Girl’s entry into the end-of-season 5K
• Transportation to and from the 5K (optional; sites must opt-in)
• End-of-season gift and medal
• Volunteer training fees
• Administrative assistance to volunteers, parents/guardians, and girls

Our program is open to girls in 3rd-8th grade, regardless of athletic ability or fitness level.

PROGRAM fee
The program fee per girl is tiered and based on the percentage of students who are categorized as low-income according to the Illinois Report Card. Find your site at www.illinoisreportcard.com.

<table>
<thead>
<tr>
<th>Tier</th>
<th>% of Students Categorized as Low-Income</th>
<th>Program Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>0-14%</td>
<td>$205</td>
</tr>
<tr>
<td>B</td>
<td>15-29%</td>
<td>$155</td>
</tr>
<tr>
<td>C</td>
<td>30-49%</td>
<td>$100</td>
</tr>
<tr>
<td>D</td>
<td>50-79%</td>
<td>$50</td>
</tr>
<tr>
<td>E</td>
<td>80-100%</td>
<td>$35</td>
</tr>
</tbody>
</table>
Identify a SITE COORDINATOR, who will then:

- Obtain PRINCIPAL/DIRECTOR APPROVAL to host the program
- Complete the NEW SITE APPLICATION and included WEBINAR
- Recruit COACHES and GIRLS in accordance with our Coach to Girl Ratio (recruitment materials will be provided)
- Identify TWO DAYS A WEEK, 75-90 minutes each day, for practice
- Secure a safe, dedicated OUTDOOR SPACE for practice*
- Secure a safe, dedicated INDOOR SPACE for inclement weather

*If safety is a concern, your indoor door space can substitute as your outdoor space.

For the Fall season: March 1st - June 30th
For the Spring season: March 1st - December 31st

Thank you for your interest in becoming a new site! We look forward to supporting you in empowering your girls. Please let us know if you have any questions - we’re here to help!

For more information, please contact programs@gotrchicago.org or call us at 773-342-1250.