



2025 Site Information

EMPOWER HER TO MOVE MOUNTAINS
WITH GIRLS ON THE RUN

Girls on the Run

MORE THAN JUST A RUNNING PROGRAM

Girls on the Run is a nonprofit organization with empowerment programs that help 3rd-8th grade girls build confidence, address negative issues, and deepen vital physical, emotional, and social skills that will last a lifetime.

Our mission and vision

- * We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.
- * We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



Two programs, one life-changing impact... During the program, teams meet twice a week for 8 weeks. At practice, caring coaches lead fun and engaging activities that blend social and emotional life skills with physical movement.



Girls on the Run • Grades 3-5

2025 will feature our brand new
Hello, Mountain Mover! curriculum



The program unleashes confidence with lessons about:

- Building the confidence to believe in yourself
- Taking on challenges, even when it is hard
- Strengthening resilience with stick-with-it strategies
- Making new friendships and valuing teamwork
- Recognizing our impact on the world
- Setting and achieving goals, such as a 5K



Heart & Sole • Grades 6-8

The program instills critical life skills such as:

- Developing a strong support system
- Fostering healthy relationships
- Offering help to those in need
- Nurturing your whole person – body, brain, heart, spirit, and connection with others
- Setting and achieving goals, such as a 5K

GIRLS NEED GIRLS ON THE RUN



The self confidence of girls begins to drop **by age nine**.



Physical activity starts to decline **at age ten** and continues to decrease as girls age.



50% of girls ages 10 to 13 experience bullying.



Only 24% of 6 to 17 year olds participate in at least 60 minutes of physical activity every day.



57% of U.S. teen girls felt persistently sad or **hopeless** in 2021, double that of boys with a nearly 60% increase over the past decade.

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."

HERE FOR EVERY GIRL

Girls on the Run is dedicated to serving all girls regardless of ability, income status, race, ethnicity, religion, or gender identity. We are committed to...

Eliminating barriers to participation

Spanish curriculum materials, equitable payment options, and new running shoes are available to anyone in need.

Creating a place of belonging for all abilities

Curriculum modifications are available for participants with visible or non-visible physical, developmental, cognitive, or communicative disabilities.

Celebrating differences & finding strength in connectedness

By celebrating the uniqueness, resilience and power in our differences and diversity, we can work together to make the world a better place – one girl at a time.



How to Get Involved

LIFE COMES FAST. HELP HER FIND HER PACE.

HOSTING A TEAM

✓ Provide a location

- Identify a safe outdoor place for running, an indoor space for inclement weather, and a restroom
- Establish a practice schedule with consistent days and times (two times a week for 75-90 minutes)

✓ Secure a site liaison

- Acts as main contact for families, participants, and Girls on the Run
- Helps recruitment efforts and distributes marketing materials
- Assists families with registering
- Identifies 2-3 volunteer coaches*

✓ Submit site application

- Ready to start a team? Visit girlsontherunutah.org/start-site

✓ Prep for end-of-season 5K

- Program participants will be paired with an adult running buddy who will complete the 5K with them (family members, teachers, volunteers etc.)
- Each team will have a practice 5K
- Bus transportation to the 5K needs to be provided for Title 1 schools

**If you cannot secure coaches, have no fear! We will work with you to identify coaches from our volunteer pool.*

By hosting a team or coaching, you will inspire girls to embrace their individuality, make new friends, and find joy in movement.

MENTOR. LEAD. VOLUNTEER.

Our volunteer coaches...

- Do not have to be runners, athletes, or female
- Must complete both online and in-person training
- Lead teams through curriculum with co-coaches
- Receive season-long support, resources and tools
- Are 18+ years old (junior coaches can be younger)
- Consent to and complete a background check
- Are committed to seeing girls in their community grow, have fun and become leaders of tomorrow



SUPPORT & IMPACT

We're here every step of the way with...

- Marketing and registration materials
- Parent/guardian communications in both English and Spanish
- In-person and online training for coaches
- Curriculum materials and coach supplies
- Ongoing support for site liaisons, coaches, and families throughout the season



97% OF PARTICIPANTS

said they learned things at Girls on the Run that are important to them

98% OF COACHES

said participants on their teams could participate in all activities, regardless of ability

98% OF CAREGIVERS

said their child felt socially, emotionally and physically safe at practice

Impact – the data and voices say it all.

2025 PROGRAM DATES

Spring season (March 24 – May 31)

- Site & coach applications open October 1, 2024
- Participant registration opens February 1, 2025
- 5K at Sugar House Park on May 31, 2025

Fall season (Sept. 15 – Nov. 15)

- Site & coach applications open May 1, 2025
- Participant registration opens July 1, 2025
- 5K at Sugar House Park on November 15, 2025

Each season concludes with a joyful and fun non-competitive 5K celebration for teams, family, friends, and community members.



Program Fee Options

EVERY GIRL DESERVES TO CROSS THE FINISH LINE

Girls on the Run Utah stands firm in our long-standing commitment to provide our programs to any girl who wants to participate, regardless of ability to pay.

We are proud to provide \$195,000 in financial assistance each year thanks to the generosity of local donors, sponsors, and foundations. Various fee options are available for participating sites and families are encouraged to choose a payment option that works best for their circumstances or pay what they can.

Payment plans, program fee options, and full program fee waivers are available to every family. New running shoes are provided to any program participant in need.

Title 1 Schools The program fee at Title 1 schools starts at \$75 due to the higher percentage of low-income families. **Additional payment options and full fee waivers are also available to families at these schools on an individual basis.**

Fee Options When registering online, any family can input their household income for an automatic reduction based on our program fee guide below. Families will also have the option to select a 3-time payment plan and indicate if their girl is in need of running shoes.

PROGRAM FEE GUIDE*		
HOUSEHOLD INCOME	FEE	~PRICE/HOUR
Full Fee Waiver*	\$0	\$0
\$25,000 to \$34,999	\$30	\$1.00
\$35,000 to \$49,999	\$75	\$2.50
\$50,000 to \$64,999	\$120	\$4.00
\$65,000 to \$79,999	\$170	\$5.50
\$80,00 and above	\$215	\$7.00

**To receive additional financial assistance or a full fee waiver, families must contact Girls on the Run at ivy@girlsontherunutah.org or (801) 477-0464.*

Participants receive:

- 8 weeks of transformative lessons and activities
- Brand new, research-based curriculum in 2024
- Fun practices led by caring coaches who have been trained and background checked
- Girls on the Run shirt, bag, and water bottle
- Personal journal and all needed lesson materials
- Healthy snacks at practice
- Entry to the end-of-season 5K celebration
- 5K finisher medal, race bib, and swag bag
- Comprehensive insurance



OUR PROGRESS IS POWERFUL!

- Since 2007, over 200 sites have participated.
- We annually serve more than 2,000 participants.
- More than 500 volunteer coaches support, uplift, and inspire our girls every year.



UTAH TEAMS 2007-2024

CACHE COUNTY

Hillcrest Elementary
Woodruff Elementary

CARBON COUNTY

Bruin Point Elementary
Castle Heights Elementary
Creekview Elementary
Sally Mauro Elementary
Wellington Elementary

DAVIS COUNTY

Davis School District

Adelaide Elementary
Bluff Ridge Elementary
Bountiful Elementary
Buffalo Point Elementary
Burton Elementary
Clinton Elementary
Creskide Elementary
Eagle Bay Elementary
E.G. King Elementary
Foxboro Elementary
Heritage Elementary
Hillfield Elementary
Holbrook Elementary
Leadership Learning Academy
Odyssey Elementary
Parkside Elementary
Sam Morgan Elementary
Snow Horse Elementary
Tolman Elementary
Vae View Elementary
West Clinton Elementary

Charter Schools

Syracuse Arts Academy (North)

Private Schools

St. Olaf Catholic School

SALT LAKE COUNTY

Canyons School District

Albion Middle
Bella Vista Elementary
Bellview Elementary
Brookwood Elementary
Butler Elementary
Canyon View Elementary
Copperview Elementary
Crescent Elementary
Draper Elementary
East Sandy Elementary
Eastmont Middle
Glacier Hills Elementary
Granite Elementary
Lone Peak Elementary
Midvale Elementary
Oak Hollow Elementary
Park Lane Elementary
Peruvian Park Elementary
Quail Hollow Elementary
Silver Mesa Elementary
Willow Springs Elementary

Granite School District

Academy Park Elementary
Armstrong Academy
Beehive Elementary
Calvin Smith Elementary
Copper Hills Elementary
Cottonwood Elementary
Crestview Elementary

David Gourley Elementary
Eastwood Elementary
Eisenhower Jr. High
Fremont Elementary
Hillsdale Elementary YMCA
Howard R. Driggs Elementary
Jackling Elementary
James E. Moss Elementary
Lake Ridge Elementary
Lincoln Elementary
Magna Elementary
Matheson Jr. High
Mill Creek Elementary
Morningside Elementary
Oakridge Elementary
Oakwood Elementary
Pleasant Green Elementary
Redwood Elementary
Rolling Meadows Elementary
South Kearns Elementary
Stansbury Elementary
Taylorsville Elementary
Thomas W. Bacchus Elementary
Twin Peaks Elementary
Upland Terrace Elementary
Valley Jr. High
Wasatch Jr. High
West Kearns Elementary
West Valley Elementary
William Penn Elementary
Woodstock Elementary

Jordan School District

Bastian Elementary
Blackridge Elementary
Butterfield Canyon Elementary
Elk Meadows Elementary
Falcon Ridge Elementary
Hayden Peak Elementary
Heartland Elementary
Jordan Hills Elementary
Jordan Ridge Elementary
Majestic Elementary
McMillan Elementary
Oquirrh Elementary
Pioneer Elementary
Ridge View Elementary
Riverton Elementary
Silver Crest Elementary
West Jordan Elementary

Murray School District

Grant Elementary
Horizon Elementary
Longview Elementary
Parkside Elementary
Riverview Jr. High
Hillcrest Jr. High
Viewmont Elementary
Salt Lake School District
Backman Elementary
Beacon Heights Elementary
Bennion Elementary
Bonneville Elementary
Bryant Middle
Butler Middle
Clayton Middle
Edison Elementary
Emerson Elementary

Ensign Elementary
Escalante Elementary
Franklin Elementary
Glendale Middle
Hawthorne Elementary
Highland Park Elementary
Hillsdale Middle
Indian Hills Elementary
Jackson Elementary
Liberty Elementary
Lincoln Elementary
Mountain View Elementary
Newman Elementary
Nibley Park Elementary
North Star Elementary
North West Middle
Parkview Elementary
Riley Elementary
Roosevelt Elementary
Rose Park Elementary
Uintah Elementary
Wasatch Elementary
Washington Elementary
Whittier Elementary
Woodrow Wilson Elementary
Charter Schools
AISU

American Academy of Innovation
American Prep Academy
Canyon Rim Academy
Channing Hall
Dual Immersion Academy
Early Light Academy
Guadalupe Elementary
Summit Academy
Wallace Stegner Academy
Wasatch Waldorf

Private Schools

Blessed Sacrament
Children's Christian School
International Rescue Committee
J.E. Cosgriff Memorial
Kearns St. Ann School
Madeleine Choir School
Open Classroom
Pacific Heritage Academy
Rowland Hall
Salt Lake Arts Academy
St. John the Baptist
St. Francis Xavier
St. Vincent de Paul
The McGillis School
Waterford School

SUMMIT COUNTY

Park City School District

Ecker Hill Middle
Jeremy Ranch Elementary
McPolin Elementary
Parley's Park Elementary
Trailside Elementary
Treasure Mountain Jr. High

Private Schools

Park City Day School
Weilenmann School
TOOELE COUNTY
Bonneville Academy
UTAH COUNTY

Alpine School District

Alpine Elementary
Bonneville Elementary
Brookhaven Elementary
Cherry Hill Elementary
Deerfield Elementary
Eagle Crest Elementary
Eagle Valley Elementary
Freedom Elementary
Grovecrest Elementary
Harvest Elementary
Hidden Hollow Elementary
Mount Mahogany Elementary
Orchard Elementary
Rocky Mountain Elementary
Sego Lily Elementary
Sharon Elementary
Shelley Elementary
Thunder Ridge Elementary
Vineyard Elementary
Westfield Elementary
Provo School District
Lakeview Elementary

Charter Schools

Mountainville Academy
Treeside Charter School
Walden School
Wasatch County
Heber Valley Elementary
J.R. Smith Elementary
Midway Elementary
Soldier Hollow Charter
School South Summit Middle
Timpanogos Intermediate

WEBER COUNTY

Country View Elementary
Davinci Academy
Gramercy Elementary YMCA
Heritage Elementary YMCA
Leadership Learning Academy
Lincoln Elementary YMCA
Midland Elementary
Odyssey Elementary
Riverdale Elementary
Shadow Valley Elementary
Valley View Elementary
Youth Impact Ogden

COMMUNITY SITES

Bud Bailey Community
Daybreak Community Center
Dow James Memorial Park
Eccles Boys & Girls Club
Falcon Park
High Point Park
Hobble Creek Park
Liberty Park
Mount Ogden Park
Provo Recreation Center
Spring Creek Park
Sugar House Park
Tooele Boys & Girls Club
Treehouse Athletic Club
Urban Indian Center
Utah State Hospital
Veterans Memorial Park
Wardle Fields Park
11th Avenue Park

We hope you will join us in creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

**We couldn't run without our sponsors
and supporting foundations!**



Grandeur Peak



Cambia Health Foundation
Charities Aid Foundation
Community One Foundation
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Park City Community Foundation
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Rocky Mountain Power Foundation
The Chamberlain Family Giving Fund
The Mary Alice & Bennett Brown Foundation
Sorenson Legacy Foundation
Windermere Foundation



QUESTIONS? Contact us at ivy@girlsontherunutah.org or (801) 477-0464

www.girlsontherunutah.org

Spanish Site · www.girlsontherunutah.org/es