



# 2024 Site Information

**BRING GIRLS ON THE RUN TO YOUR  
SCHOOL, NEIGHBORHOOD OR COMMUNITY!**

# 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 teams through fun and engaging activities that innovatively blend social and emotional life skills with physical movement.



#### Girls on the Run · Grades 3-5

The program unleashes confidence with lessons about:

- Understanding ourselves and identifying our strengths
- Making new friendships and valuing teamwork
- Recognizing our impact on the world
- Creating and appreciating healthy habits
- 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](http://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.

## 2024 PROGRAM DATES

### Spring season (April 1 – June 1)

- Site & coach applications NOW OPEN
- Participant registration opens February 1, 2024
- 5K at Sugar House Park on June 1, 2024

### Fall season (Sept. 16 – Nov. 16)

- Site & coach applications open May 1, 2024
- Participant registration opens August 1, 2024
- 5K at Sugar House Park on November 16, 2024

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](mailto: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 2007-2023



### 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  
 Bountiful Elementary  
 Buffalo Point Elementary  
 Burton Elementary  
 Clinton Elementary  
 Creekside Elementary  
 Foxboro Elementary  
 Heritage Elementary  
 Hillfield Elementary  
 Holbrook Elementary  
 Leadership Learning Academy  
 Odyssey Elementary  
 Parkside Elementary  
 Sam Morgan Elementary  
 Snow Horse Elementary  
 Tolman 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  
 Granite Elementary  
 Lone Peak 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**  
 Blackridge Elementary  
 Butterfield Canyon Elementary  
 Elk Meadows Elementary  
 Falcon Ridge 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  
 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 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  
 Orchard Elementary  
 Rocky Mountain Elementary  
 Sego Lily Elementary  
 Sharon Elementary  
 Shelley Elementary  
 Thunder Ridge Elementary  
 Vineyard Elementary  
 Westfield 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  
**COMMUNITY SITES**  
 Bud Bailey Community  
 Daybreak Community Center  
 Dow James Memorial Park  
 Eccles Boys & Girls Club  
 Falcon Park  
 High Point Park  
 Hobbie Creek Park  
 Liberty 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



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**QUESTIONS?** Contact us at [ivy@girlsontherunutah.org](mailto:ivy@girlsontherunutah.org) or (801) 477-0464

**[www.girlsontherunutah.org](http://www.girlsontherunutah.org)**  
 Spanish Site · [www.girlsontherunutah.org/es](http://www.girlsontherunutah.org/es)