



+ Fall 2024 & Spring 2025 Sites

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

✓ 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.

PROGRAM DATES 2024-25

Fall season (Sept. 16 – Nov. 16)

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

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

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
 Creekside 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!



Enterprise Mobility™



Grandeur Peak



LARRY H. & GAIL
MILLER
FAMILY FOUNDATION



SCHEELS



GO GO SQUEEZ



PARK CITY
COMMUNITY FOUNDATION

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Edward L. Burton Foundation
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The Mary Alice & Bennett Brown Foundation
Park City Community Foundation
R. Harold Burton 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