About Girls on the Run

Girls on the Run is a 501(c)3 physical activity-based positive youth development program dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Girls learn their worth comes from within, that healthy relationships matter and that they can be a force for good in their community through a fun, experience based curriculum that creatively integrates running.

Meeting twice a week in small teams, we teach girls life skills through engaging lessons and fun movement activities. The curriculum is taught by certified Girls on the Run coaches and helps each girl understand and celebrate herself and realize her power to change the world.

During the program, each team creates and executes a local community service project to demonstrate the unimaginable strength that comes from helping others. Finally, at each season’s conclusion, the girls and their running buddies complete a celebratory 5k running event that gives the girls a tangible sense of achievement and a framework for setting and achieving life goals.

Why Girls on the Run Matters

Girls today sort through countless messages about their worth, their image and their abilities. Girls on the Run helps empower them to be the author of their own story and define the future on their terms. No limits, no constraints. Only opportunities to be remarkable.

Bring Girls on the Run to Your Location

You need a safe outdoor space, like a field or track, for girls to run in and an indoor space, like a gym or classroom, in case of inclement weather. Each Girls on the Run team requires a minimum of eight participants, and the maximum team size is 20.

Here’s What You’ll Need

- Identify and appoint a site liaison (parent, teacher, counselor or other involved person at the school) to assist with promotion and communicate with Girls on the Run NYC Staff.
- Recruit two coaches for your site (school staff, parents or community volunteers). Coaches must complete a certified Girls on the Run training prior to the start of the season.
- Choose two days of the week for the program to meet. Sessions last 75-90 minutes.
- Complete the New Site application located on our website: gotrnyc.org/newsite.

GOTR Girls

- Develop and improve social, emotional and physical competence
- Feel confident in who they are
- Develop strength of character
- Respond to others and oneself with care and compassion
- Create positive connections with peers and caring adults
- Make a meaningful contribution to their community

Girls on the Run NYC
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To learn more about bringing Girls on the Run to your school, visit gotrnyc.org/newsite.