Every girl is inherently full of power and potential. Discovering they are leaders in their own lives empowers girls to change the world.

What We Do

Twice a week this fall, trained coaches will lead small teams of girls (grades 3-8) through lessons which teach life skills and strategies through dynamic interactive discussions and running games. Our trusted curriculum has been modified to include physical distancing precautions and the ability to seamlessly transition to virtual programming should the need arise.

The season culminates with the girls being physically and emotionally prepared to complete a celebratory 5K running event. They feel a tangible sense of empowerment and a framework for setting and achieving life goals.

Why it Matters

Studies show that this age is a critical time for girls:

• Self-confidence begins to drop by age 9
• Girls experience the most bullying between ages 10-13
• Physical activity declines at age 10 and continues to decrease

How to Get Started

1. Identify a location where a small group can gather safely. This can be a park, church, home, or school.
2. Identify a person who can act as a Site Liaison: the link between girls, parents, coaches, and your Girls on the Run staff contact
3. Recruit coaches for your site. This can be you, a junior coach such as a high school student, retirees, or other teachers and parents—they don’t need to be runners!
4. Complete and submit the New Site Application on our website.