



Start a Team!

Contact Katie Redfield for more information.

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Girls on the Run uses the power of running to change the way girls see themselves and their opportunities. Girls learn to stretch themselves physically, mentally, emotionally and socially during our 10 week after school program. The program culminates in an empowering 5k where the girls celebrate themselves and each other.

IT'S AS EASY AS 1, 2, 3!

1. Identify a Site Coordinator.

This could be YOU! It's a simple to set up a site. This person promotes the program, helps with coach placement, registers students and plans for long term success by ensuring a new site coordinator is appointed when/if leaving the school.

2. Find a Safe Place to Run at Your School.

A track, field, or nearby park are great options. You'll also want to choose a safe place for rainy days, like a classroom or gym.

3. Submit a Site Application.

Go to Girls on the Run Rockies website and click "Start a Site".
<http://girlsontherunrockies.org/>

We do everything else!

- ☑ Provide detailed lesson plans from our nationally recognized curriculum
- ☑ Provide marketing materials to promote the program at your school and to keep parents informed throughout the season
- ☑ Train coaches
- ☑ Provide all the materials to lead each lesson
- ☑ Provide on-going support throughout the entire season
- ☑ Plan an awesome end of season 5k celebration



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HOW IT WORKS

Curriculum + Coaches + 10 weeks + 5k = RESULTS.



Curriculum

The intentional curriculum shows an evidence-based impact on developing competence, confidence, connection, character, caring, and contribution in young girls. Twice per week, trained coaches lead small teams of elementary and middle school girls through life skills lessons that incorporate running and other physical activities.

Coaches

Coaches are trained volunteers that believe in the inherent power within every girl. Coaches can be from your school community, including parents, teachers, or staff, but they can also be volunteers from anywhere in your community. Girls on the Run staff can help you find the right coaches for your program. No running experience is required!

10 Weeks

Each season is 10 weeks long. During this time, teams meet twice per week for 90 minutes.

5k Run

Girls and coaches participate in an empowering end of season 5k where they celebrate themselves and one another.

Important Dates

Spring Season Starts Week of March 5th

Spring Season Ends May 18th

Fall Season Starts Week of September 10th

Fall Season Ends November 18th

Fall dates are tentative and are subject to change

