

Girls on the Run®

WE DO THINGS DIFFERENTLY

Girls on the Run is a **girl-centered program** that supports the whole girl: socially, emotionally, and physically. Using an evidence-based curriculum, trained and caring coaches help girls to:

- ✓ **BUILD CONFIDENCE**
- ✓ **DEVELOP VITAL LIFE SKILLS**
- ✓ **FIND JOY IN MOVEMENT**

In girl-centered spaces, it's easier for girls to raise their hands, talk about certain topics, try new things, and be themselves.

TODAY'S GIRLS FACE BARRIERS AND CHALLENGES THAT MAKE GIRL-CENTERED PROGRAMS MORE CRITICAL THAN EVER.



Only 16.5% of girls get the recommended amount of daily physical activity



Girls start sports later and drop out earlier than boys






Girls' confidence begins to drop when they reach pre-adolescence



Research reveals that girls are navigating increasing mental health challenges

QUESTIONS?

 www.gotrmidstatepa.org
 colleen.park@gotrmidstatepa.org
 717.763.4869 x 103



Bring Girls on the Run® to East York Elementary!



Girls on the Run is an after-school program led by trained, caring coaches who empower girls to activate their limitless potential.

Teams meet twice per week for 8 weeks, culminating in a celebratory 5K with friends and family at York College!

Become a Volunteer Coach!

- GOTR provides all the tools, training, and support you need.
- You don't have to be a runner!
- No coaching experience is required.
- Educators who volunteer as coaches can earn up to (40) ACT48 credits.
- National Coach Training (NCT) begins in August for Fall Season & in January for Spring Season.
- Fall 2025 season begins the week of September 29, 2025.
- Spring 2026 season begins the week of February 23, 2026.

LEARN MORE ABOUT BEING
A GOTR COACH!



Visit
gotrmidstatepa.org/coach