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Girls on the Run of the Southern Tier

A Community Collaboration led by the Steuben Rural Health Network at the Institute for Human Services, Inc.

Learn. Live. Dream. Run!

This is not just a running program. This is not a program just for athletes.

Mission

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Vision

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

About

Girls on the Run® is a life-changing, experiential learning programs for girls age eight to thirteen years old. The programs combine training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the programs are to encourage positive emotional, social, mental, spiritual and physical development.

Objectives

The objective of Girls on the Run is to educate and empower girls at an early age in order to prevent the display of at-risk activities in the future. At risk activities include substance/alcohol use, eating disorders, early onset of sexual activity, sedentary lifestyle, depression, suicide attempts and confrontations with the juvenile justice system.

The Program


Girls on the Run® is a 501(c)3 positive youth development program which combines an interactive curriculum and running to inspire self-respect and healthy lifestyles in pre-teen girls. Our core curriculum addresses many aspects of girls' development - their physical, emotional, mental and social well-being. Lessons provide girls with the tools to make positive decisions and to avoid risky adolescent behaviors

Program Design

- Three 24-lesson curriculums teach life skills through group processing, running games and workouts. The three-part curriculum is taught by certified Girls on the Run® coaches and includes understanding ourselves, valuing teamwork and understanding how we connect with and shape the world at large.
- Girls choose and conduct a community service project
- At each season's conclusion, the girls complete a 5k running event as a group

**Call Kelli Mannon, Council Director of
Girls on the Run of the Southern Tier, at 607-776-9467 x-226**

Girls on the Run - Team Supply for 15 Girls

	Must Haves + Bells & Whistles	Must Have Items Only
Girls' Items - Team of 15		
Program Supplies for girls:		
Tshirt*, water bottle, snacks	\$480	\$150
Head Coach/Assistant Coach Items		
Coaching Requirements:		
Background check*, Bag, Tshirt, curriculum*	\$230	\$70
5k Non-Competitive Race		
Tshirt	\$150	
Medal*	\$30	\$30
Race Bib*	\$30	\$30
Happy Hair Station	\$150	
Healthy Snack Stand	\$100	
<i>(* Indicates must-have item)</i>		
Contribution to Licensing Fee**	\$250	\$ 250
<i>**Based off of Ten Teams in the Southern Tier 2012-2013. Sites pay \$250, SRHN \$500</i>		
Total Program Costs for One Team	\$ 1,420.00	
<i>*Total Program Costs for One Team with Mandatory Items Only</i>		\$530

- There are many variables to this program and cost-saving factors.
- Contribution to Licensing Fee waived for Fall 2012 teams
- The coach fees are a one-time fee.
- Kelli & Hannah will be coaching all of the teams in the Fall of 2012 so this fee will be eliminated for that round.
- If an individual has a background check at their place of employment, this will suffice if they can provide a copy of that background check to GOTR

We inspire girls to be

joyful, healthy, & confident

using a **fun, experience-based curriculum** which creatively integrates running.

Girls on the Run® is an experiential afterschool program that uses the power of running to prepare girls for a lifetime of self-respect and healthy living. The curriculum creatively incorporates training for a 5k with lessons that encourage third through eighth grade girls to develop essential life skills. Through interactive activities such as running, playing games, and discussing important issues, participants experience the joy of simply being themselves! During the 12-week program, girls are empowered with a greater sense of self-awareness, a foundation in team building and a sense of achievement. The lessons inspire them to be strong, contented and self-confident young women who intentionally choose an authentic and healthy lifestyle.

Each session is led by trained coaches who guide and mentor girls through a fun and uplifting curriculum. Coaches teach specific life lessons such as dealing with body image and the media, resisting peer pressure, making healthy decisions and contributing to their community. Along the way, the girls train together to walk or run in a 5k (3.1 Mile) event.

Lessons are designed to enhance, the social, mental, physical and emotional health of girls.

We envision a world where

every girl knows & activates her limitless potential and is free to **boldly** pursue her **dreams.**



Thank you to our National Sponsors:

learn
dream
live
run.

6666 CR 11
Bath, NY 14810

GIRLS ON THE RUN OF THE NORTHERN TIER

www.girlsontherun.org

Visit us online at



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PLACE
THE

Our goal is to

empower
girls to...

- * Have a strong *sense of identity*
- * Successfully *navigate the challenges* of adolescence and adulthood
- * Honor their voices by *standing up for themselves* and what they believe in
- * Focus on their *unique strengths and talents*
- * Recognize the power they have to *impact their communities* in a positive way
- * Know the joy that comes from *true friendship and real teamwork*
- * *Celebrate their bodies* through the completion of a 5k run/walk event

For more information on *Girls on the Run* including finding a location in your area, starting a program in your community, or for information on how to participate, volunteer or donate, *please find us online at...*

www.girlsontherun.org

Learn about the



Get Outside
of the "Girl Box"

Girls on the Run inspires girls to choose life outside the "Girl Box." The "Girl Box" is the place where many girls go around middle school when they begin to morph into what they think they *should* be instead of being who they really *are*. The messages of the Girl Box vary but the overarching theme comes from a culture rooted in the belief that girls and women must conform to a set of standards that are often unattainable and dangerous to our health and well-being. "You're not smart enough," "You're too smart," "You're not thin enough," "You're too fat," "You're too flat," "You're too loud," "You're too quiet," "You're not pretty enough" are a few well-known "Girl Box" messages. *Girls on the Run educates and inspires third through eighth grade girls to stay true to themselves—to discover a life free of the Girl Box.*

it's time to
celebrate
being a girl

