

OUR VISION

Girls on the Run® is a curriculum-based, life-enhancing, prevention and education program serving girls in 3rd-5th and 6th-8th grades in Western North Carolina. The 12-week, 24-lesson program combines training for a 5K (3.1 miles) running event with self-esteem enhancing and uplifting team exercise activities.

The mission of Girls on the Run is to educate and prepare girls for a lifetime of self-respect and healthy living.

Our trained volunteer coaches utilize the research-developed curriculum which encourages and reinforces positive emotional, social, mental and physical development. By advocating exercise and a healthy lifestyle, we hope to give girls the tools they need to successfully manage the challenges of adolescence and instill a life-long habit of physical and emotional wellness. The national objectives are to help prevent various at-risk behaviors such as teenage pregnancy, substance abuse and eating disorders.

The Girls on the Run program is based on studies that show:

- Girls who participate in sports experience higher levels of self-esteem and self-confidence, as well as lower levels of depression than girls who do not participate.
- Developing critical thinking and stress management skills can also be by-products of participation in organized sports and fitness programs.
- Learning healthy exercise habits early in life increases the chances that the girls will continue these habits into adulthood.

OUR APPROACH

The Girls on the Run and Girls on Track programs are offered at sites throughout the community including schools, churches, and fitness and community centers.

The 12-week curriculum is divided into three parts offering participants a chance to examine themselves, their relationships to others, and relationship to the greater community.

Some of the specific topics addressed are:

- Self-esteem, Body Image, and Core Values
- Nutritional Awareness
- Dangers of Drugs & Alcohol
- Emotional Health
- Communication and Decision-Making Skills
- Cultural and Social Messages and the Media
- Civic Responsibility and Community Project

At the end of each session, girls participate in a 5K community running event with their team members, coaches, Running Buddies, and other program participants. For all of our participants crossing the finish line is just the beginning of a lifetime of possibility!



WE WANT YOU!

As a small non-profit, we rely heavily on volunteers to help us implement our program, support us in our fundraising and outreach efforts, and help grow and expand to serve more girls across WNC. Not only is it a “feel-good,” but also we have a lot of fun at what we do.

We have a variety of ways to get involved depending on your skills and time you have. For a comprehensive list of opportunities, please visit our website: www.gotrwn.org/volunteer.

Coaching—Head and Assistant Coaches work with teams of girls and mentor them through our Spring and Fall 12-week programs. You don't have to be a runner to coach!

Running Buddy—Run or walk with a girl at our end-of-season 5K event to help support and encourage her across the finish line.

SoleMates—Our adult charity fundraising team trains for the Asheville Half-Marathon and raises money to support our program in WNC.

SPONSORSHIP OPPORTUNITIES

Girls on the Run of WNC strives to serve all girls regardless of financial standing. We rely on donations from individuals and corporate sponsors to support our scholarship program. We are a 501(c)3 organization and your donation is tax-deductible.

Many of our participants cannot pay the full registration fee to participate in our program, which covers the cost of program materials, snacks at each lesson, and participation in the end of session 5K event. Your donation will help us meet the needs and serve more girls. In 2009, we provided over **\$47,000** in scholarships for **69%** of our participants.

For more information on Sponsorship Opportunities, please visit our website: www.gotrwnc.org/sponsorship.html

Many thanks to our National Sponsors:



We serve the 12 counties of Western North Carolina including: **Buncombe, Cherokee, Clay, Graham, Jackson, Haywood, Henderson, Macon, Madison, McDowell, Swain and Transylvania.**

- Our **GIRLS ON THE RUN** program is offered to girls in 3rd-5th grades.
- Our **GIRLS ON TRACK** program is offered to girls in 6th-8th grades.
- We strive to offer our program to **ALL GIRLS** across the region regardless of income or ability.

For information on bringing a Girls on the Run or Girls on Track program to your site, please visit our website at www.gotrwnc.org/program.



Girls on the Run of WNC
Questions? Feel free to contact us:
Phone: 828-713-4290
girlsontherunwnc@gmail.com
www.gotrwnc.org



*Educating and preparing
girls for a lifetime of
self-respect and healthy living.*

www.gotrwnc.org
828-713-4290
girlsontherunwnc@gmail.com