**Bexar County Fast Facts**

**WHY GOTR EXISTS**

*Community Need*
Girls lack self worth or life skills to make good choices on a daily basis. We increase the chance of a young girl making healthy life choices.

*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.

**WHO WE ARE:**
Girls on the Run of Bexar County is a 501(c)3 physical activity-based positive youth development program for girls in 3rd-8th grade.

- Started locally in 2010; over 3,000 girls served since
- Over 650 participants annually
- More than 400 volunteers and 130 coaches, annually
- Average of 65% of participants provided with full or partial scholarships annually
- All funds are raised and expended locally

**WHAT WE DO:**
The objective of Girls on the Run® is to educate and empower girls at an early age in order to prevent unhealthy and risky behaviors. Using an intentional curriculum that integrates physical activity, our trained volunteer coaches teach girls critical life skills and strategies they can apply to all aspects of their lives.

**BEXAR/KENDALL/COMAL COUNTY LOCATIONS:**
- Alamo Heights ISD
- Boerne ISD
- Charter Schools
- Comal County ISD
- Edgewood ISD
- Harlandale ISD
- Harmony Public Schools
- Northside ISD
- North East ISD
- San Antonio ISD
- Private Schools
- South San ISD
- Southwest ISD
- YMCA Clubs

**The Girls on the Run Process and Impact**

1. Trained and Supportive Coaches and Volunteers...
2. Deliver Curriculum as Intended...
3. Girls Learn Life Skills
4. Promotion of physical, mental, social, and spiritual health outcomes AND prevention of unhealthy and risky outcomes
Healthy, confident girls who can!

HOW WE DO IT:

3rd - 5th Grade: Girls on the Run curriculum
- Meet twice a week in small teams of 8-15 girls
- Two 10-week semesters, fall and spring
- 20-lesson curriculum teaches life skills through processing, running games, and workouts
- 3-part curriculum taught by certified Girls on the Run coaches: 1) understanding ourselves, 2) valuing teamwork, and 3) understanding how we connect with and shape the world at large
- Girls design and conduct a community service project
- At semester’s conclusion, the girls complete a 5k running event as a group

6th - 8th Grade: Heart & Sole curriculum
- Meet twice a week in small teams of 8-15 girls
- Two 10-week semesters, fall and spring
- 20-lesson curriculum teaches life skills through processing, running games, and workouts
- 3-part curriculum taught by certified Girls on the Run coaches: 1) self, 2) team, and 3) community
- Strengthen connections and develop life skills that will help girls as they move through adolescence and beyond
- At semester’s conclusion, the girls complete a 5k running event as a group

“For girls who have not had a distinct experience of success or accomplishment, Girls on the Run is their first taste of what it means to set and reach a goal.”
- a GOTR coach

WHY IT MATTERS:
A 2016 longitudinal study found that girls who participate in GOTRBC not only improve in physical activity participation, but are also able to transfer these life skills:
- Managing emotions
- Resolving conflict
- Helping others
- Making intentional decisions.

HOW TO GET INVOLVED:
- Volunteer as a Coach! Time commitment: 1.5 - 4 hours once or twice weekly for 10 weeks
- Raise funds by participating as a SoleMate through our adult charity running program (visit http://gotrsanantonio.org/sole-mates.html for more information)
- Volunteer in a variety of ways:
  - Board of Directors or Committee
  - GOTR Ambassador
  - Leadership Team Member
  - 5k Event planning or volunteer

For more information contact Caroline Rubio at caroline.rubio@girlsontherun.org

FOR MORE INFORMATION:
Minka Misangyi, Council Director
210.901.0167
minka.misangyi@girlsontherun.org
www.gotrsanantonio.org