



Joyful. Healthy. Confident.

Girls on the Run Palm Beach [www.girlsontherunPBC.org](http://www.girlsontherunPBC.org)  
Email: [programs@girlsontherunpbc.org](mailto:programs@girlsontherunpbc.org)



**What a Team of 6 to 15 Girls Receives**

- One-day GOTR<sup>®</sup> experiential learning training for up to 3 coaches and 1 site liaison, together with other sites' coaches. May include continental breakfast and lunch
- Coach training materials, including the evidence-based Coach Manual
- Online access to coach GOTR<sup>®</sup> Learning Academy training modules
- Two additional coach training meetings during the season for quality assurance, dissemination of additional materials and information
- Online access to supplemental coach resources
- **20 lesson GOTR<sup>®</sup> Curriculum** use for one season
- **GOTR<sup>®</sup> Curriculum Activity Sheets** for 20 lessons for one season
- **Up to 30 registrations in the GOTR 5K event** (# of Girls + same # of Running Buddies)
- Professionally designed, tested, and evaluated Outcome Survey Tools
- **"Coach Box"** containing the supplies required to deliver the season's Curriculum
- First aid box, if needed
- Online access to coach registration
- Online access to the girls' registration form
- Online access to the Coach Packet, which is generated when both the coaches and girls are registered in the system and allows the Coach to print out attendance sheets, see girls' emergency contact information, etc.
- GOTR<sup>®</sup> T-shirts for:
  - Up to 3 trained coaches + 1 site liaison
  - Up to 15 girls
  - Up to 15 Running Buddies
- Required national GOTR background checks
- Printed materials
- Council-paid use fee to GOTR<sup>®</sup> International
- Insurance and insurance certificate, if needed

- Website listing ([girlsontherunPBC.org](http://girlsontherunPBC.org)) and Facebook (<https://www.facebook.com/girlsontherunPBC/>)
- GOTR Council organization, planning, logistics and registration for the 5K event
- Ongoing support for the Site Liaison and Coaches

**What the site provides**

- A safe outdoor running and activity area
- A safe indoor rain site
- A site liaison (can be one of the coaches)
- At least 3 volunteer coaches for up to 15 girls *Coaches can be teachers, parents, other staff members, or community members -- whatever complies with the site's policies.*
- A means to recruit the girls for your location
- Willingness to follow the GOTR season dates, including the 5K event, and attend required GOTR trainings and 2 meetings per season
- Approval from the administration to host GOTR
- A completed ONLINE Site Application Form

**Payment options**

Payment can be different for each site, depending on the needs of the site, the families served and the funding sources available. The fee is \$195 per girl. Payment options are as follows:

- Traditional Parent Pay: Fee for each girl to participate is \$195 with payment made by the parent upon registration.
- Subsidized Parent Pay: Reduced fees to families can range from \$25 to \$175, depending on need and *other funding sources to cover the remainder of the \$195 fee* per girl. Funding sources could include:
  - PTA
  - SAC
  - School
  - Private donations
  - Grant obtained by GOTR Council
  - Grant obtained by School/Site
  - Other fundraising, in partnership with the GOTR Palm Beach Council

