

Girls on the Run®  
is a life-changing after  
school program for 3rd  
through 8th grade girls.

*The highly interactive  
curriculum combines  
self-esteem enhancing  
lessons with uplifting  
workouts aimed to  
develop the whole girl;  
her physical, mental,  
emotional and social self.*

*Young girls are empowered  
with a greater self-awareness,  
a sense of achievement,  
and a foundation in team  
building to help them  
become strong, contented  
and self-confident women.*

learn  
dream

..

Dear Prospective Board Member,

Thank you for your interest in the Girls on the Run® South Hampton Roads (GOTRSHR) Board of Directors. Board Members are charged with managing the operations of Girls on the Run® programs in our territory including Chesapeake, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, and Yorktown. Although we have two part time employees, the ultimate responsibility of the program lies with Board of Directors.

Girls on the Run® South Hampton Roads combines education in healthy living and character building exercises with training for a 5K (3.1 miles) running event. We are a 501c3 non-profit health promotion program that encourages pre-teen girls to develop self-respect and healthy lifestyles through running and walking. The lessons in the programs instill self-esteem through health education, life skills development, mentoring relationships, and physical training - all of which are accomplished through an active collaboration with girls and their parents, schools, volunteers, staff, and the community.

GOTRSHR started in Spring 2006 with 4 sites and 45 girls. We have grown. In Spring 2011, we had 27 sites and 390 girls participating in the program. We had over 100 volunteer coaches and several volunteer running buddies. We also managed our second annual spring 5k at Mt. Trashmore and had over 800 runners. All proceeds from the Girls on the Run of South Hampton Roads 5K benefit young girls who may need financial assistance to participate in the program. Currently over 40% of the girls participate on scholarships. Our policy is to never turn a girl away due to financial concerns.

This program is poised for growth and we welcome your potential! Please review the information attached to this letter, including the Board Member Core Values and Responsibilities and a Board Member Application. The Board Chair will contact you once your application is received.

Thank you,

Kim Schools  
Girls on the Run South Hampton Roads  
Board Chair

GIRLS ON THE RUN SOUTH HAMPTON ROADS

4101 Granby Street Suite 208  
Norfolk, VA 23504

[www.gotrshr.org](http://www.gotrshr.org)





# Girls on the Run South Hampton Roads Board Member Core Values and Responsibilities

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## Girls on the Run® Mission, Vision and Core Values

### **Mission Statement:**

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

### **Core Values:**

Girls on the Run honors its core values. We strive to:

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

## Desirable Profile for Prospective Board Members

- Understand our community and its needs
- Have a passion for our cause
- Have a willingness to commit time for Board meetings, Committee meetings, planning sessions and special events
- Are team players and work well in a group
- Listen well and are thoughtful in considering issues
- Are representative of each city in South Hampton Roads
- Have specific talents that will benefit our organization

It is our intent to consider representative diversity in the formation of the Board of Girls on the Run of South Hampton Roads.



## Girls on the Run South Hampton Roads Board Member Core Values and Responsibilities

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### Board of Directors Responsibilities and Commitment

Since the establishment of Girls on the Run of South Hampton Roads in 2005, the board members have served the organization through their counsel, advocacy and philanthropy. GOTRSHR gratefully acknowledges the vital role of the board in its development efforts.

As a Girls on the Run of South Hampton Roads Board Member, I understand and agree to the following responsibilities:

- Meetings:
  - Commit to serve for a 2-year term
  - Attend at least 8 out of 12 board meetings (one hour each month)
  - Prepare for and participate in board and committee meeting
  - Maintain confidentiality of the board's deliberations
  - Be accessible for contact between board meetings
  - Actively chair or participate on a board committee
  - Participate in the annual Board Planning Meeting, held in January
- Fiduciary Responsibilities:
  - Exercise prudence with the Board in the control and transfer of funds
  - Faithfully read and understand the organization's financial statements and otherwise help the Board to fulfill its fiduciary responsibility
  - Respect the confidentiality of financial information received as a member of the Girls on the Run of South Hampton Roads Board.
- Financial Development/Fundraising:
  - Make a minimum personal financial commitment of \$300 annually, within the timeframe of their 12 months of board service that coincides with our fiscal year, July 1 - June 30th.
  - Identify and cultivate financial supporters.
  - Assist in implementing fundraising strategies through personal influence with others.
  - Participate in the fundraising activities of the board that includes special events such as our 5K's, garnering corporate sponsorships, grants from foundations and community organizations.
- Policies:
  - Abide by the Curriculum Copyright Policy, Logo Usage Guidelines and Non-Compete Clause as discussed during orientation and as outlined in the board manual.
  - Abide by the Solicitation Policy, Privacy Policy and Political Affiliation Policy as discussed during orientation and as outlined in the board manual.
  - Abide by the Conflict of Interest Policy, Whistleblower Policy as discussed during orientation and as outlined in the board bylaws.



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- **General Expectations:**
  - Know the organization's purpose, goals, policies, objectives and programs
  - Serve in leadership positions and take on assignments willingly when asked
  - Attend and participate as a volunteer in our annual 5K
  - Visit one program site per season to ensure consistent, quality program implementation
  - Attend a coach training session or a modified – board training within the first 6 months
  - Identify and recruit potential volunteers, coaches, participants and board members
- **Annual Commitment:**
  - Target Company: Target one local company for financial or volunteer support
  - Volunteer Event: Commit to one volunteer event in the community (such as representing GOTRSHR in a booth).
  - GOTRSHR 5K Race: Volunteer at one race per year (the more the merrier).
  - Committees: Participate on one committee -- and to chair a committee at least once during your two-year tenure.
  - Site visits: These will become evaluation visits after attending the coaches' training and visiting a site with an existing board member.

Signature \_\_\_\_\_ Date: \_\_\_\_\_



**GIRLS ON THE RUN® OF SOUTH HAMPTON ROADS  
BOARD APPLICATION FORM**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Relevant Experience and/or Employment

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Why are you interested in our organization?

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Area(s) of expertise/Contribution you feel you can make

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Other volunteer commitments

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Please attach a copy of your most recent resume or curriculum vitae.

**Please mail application to:**  
Girls on the Run of South Hampton  
Roads 4101 Granby Street, Suite 208  
Norfolk, VA 23504

**For Board Use**

Nominee has had a personal meeting with Board Director, Board  
Committee Chair or other board member. Date \_\_\_\_\_  
 Nominee reviewed by the committee. Date \_\_\_\_\_  
 Nominee attended a board meeting. Date \_\_\_\_\_  
 Nominee interviewed by the board. Date \_\_\_\_\_  
Action take by the board \_\_\_\_\_