

I. GRANT PROPOSAL SUMMARY SHEET

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This page will be shared electronically with Grant Panel Members & Fund Advisors + posted online.

Date 9/1/2026

Contact Information

Organization Name: Girls on the Run of Southeastern Suburban PA

ED/CEO Name: Evaleen DeMarco

ED/CEO E-mail: evaleen.demarco@girlsontherun.org

Address: 1300 Virginia Drive, Suite 102

Board Chair Name: Chris Barba

Fort Washington, PA 19034

Board Chair Approval (check here): **X**

Phone: (215) 540-0813

Primary Contact Name: Evaleen DeMarco

Website: www.gotrpa.org

Primary Contact E-mail:

Year Incorporated: 2007

evaleen.demarco@girlsontherun.org

FEIN: 46-3078645

Organization Information:

Field/s of Interest:

☐	Arts, Culture, Heritage	☐	Education, Library	☐	Environment, Animals
☒	Health	☐	Human Services	☐	Social Justice, Civic Engagement
☐	Religion	If other, please describe:			

Mission:

At Girls on the Run - we inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Geographic Area Served (If not all of Chester County, specify primary Chester County regions served):

Chester County as well as Delaware and Montgomery

Describe Population Served & Annual Number of People Served. (Include Chester County # &/or % served.)

Annual Budget \$ 746,543 _____ 4 _____ # of Full-Time Equivalent Paid Staff

51% _____ % of budget for program expenses _____ 10 _____ # of Board Volunteers

49% _____ % of budget for administrative expenses _____ 750 _____ # of Active Non-Board Volunteers

0% _____ % of budget for fundraising expenses _____ 2-32 hours/year _____ # of Volunteer Hours

100% = total

Top 3-5 funding sources:

1. Earned Income - Participant registration fees
2. Grants
 - a. BLBB Charitable
 - b. Link Logistics
3. Sponsorships
 - a. Chick Fil A East Norriton
 - b. DCO Orthodontics
4. Individual Giving
 - a. Individual donations
 - b. Athlete campaigns (Solemates)
 - c. Peer to Peer Girl Fundraising

This grant proposal is for: Direct Service Programs & General Operating

If Capacity Building Proposal, the focus is:

☐	Contingency Planning	☐	Partnerships, Collaborations	☐	Merger, Closure
☐	Mission, Vision, Strategy	☐	Board Engagement & Leadership	☐	Marketing, Communication
☐	Resource Development	☐	Operations	☐	Technology
☐	If other, please describe:				

Grant Amount Requested from the Community Foundation: \$ \$10,000

Proposal Summary: *(a few sentences, please)*

Girls on the Run of Southeastern Suburban Pennsylvania is seeking \$10,000 to expand access to our evidence-based after-school program for participants in Chester County. Funding will provide financial assistance to reduce or eliminate registration costs for families facing financial barriers and help cover the true cost of program delivery, including trained coaches, curriculum, program materials, essential gear, and participation in our celebratory 5K. This investment will allow more young people, particularly those attending Title I schools and living in under-resourced communities, to participate in a 8 week program that combines physical activity with lessons focused on confidence, healthy relationships, emotional well-being, and life skills.

II. GRANT PROPOSAL NARRATIVE

Provide clear, concise information in 1-3 pages. Please be brief.

1. Nonprofit's overall aims, key initiatives, key achievements & distinctiveness

Girls on the Run of Southeastern Suburban Pennsylvania (GOTR) inspires participants to be joyful, healthy, and confident through an evidence-based curriculum that creatively integrates physical activity with social-emotional learning. Serving Chester, Delaware, and Montgomery Counties, we provide Girls on the Run for grades 3–5, Heart & Sole for grades 6–8, and opportunities for older youth to serve as Junior Coaches.

Our work focuses on making high-quality youth programming accessible regardless of a family's ability to pay. We partner with schools and community organizations, including Title I schools and communities with limited access to affordable after-school programming. Financial assistance, essential gear, trained volunteer coaches, and our celebratory 5K help ensure participants can experience the full program.

Since our council's founding in 2007, we have served more than 18,000 young people. In FY26 alone, we served 2,170 participants with the support of more than 450 coaches, and approximately one-third of participants received financial assistance.

What distinguishes GOTR is that physical activity is the vehicle for developing skills participants can use throughout their lives. An independent study led by Dr. Maureen Weiss found that GOTR participants demonstrated significant improvements in areas including confidence, connection, competence, character, caring, and physical activity. The research also found that GOTR had the greatest impact on participants who began the season with the most room to grow, reinforcing the importance of expanding access to young people who can benefit most.

2. Funding request

What specific needs & issues are being addressed, via what programs and services?

Research shows that confidence declines significantly as girls move from childhood into adolescence. It is a period when they also face increasing social pressures, body image concerns, changing friendships, and fear of failure. GOTR intentionally serves participants in grades 3–8 because these are critical years for developing the confidence, coping skills, and healthy relationships that can support them through adolescence.

GOTR addresses these needs through Girls on the Run for grades 3–5 and Heart & Sole for grades 6–8. Our 8 week, evidence-based programs combine physical activity with social-emotional learning in a supportive team environment. Trained volunteer coaches help participants recognize their strengths, manage emotions, navigate friendships and conflict, build positive connections, set goals, and develop confidence in their ability to make healthy decisions.

By reaching participants during this important developmental window, we can help strengthen the skills and confidence they need before the pressures of adolescence intensify.

- **Why is it important to fund this now?**

GOTR is at an important point of growth in Chester County. We acquired the Chester County territory in 2019, when the council was serving approximately 900+ participants annually. COVID hit shortly after the transition, disrupting that momentum and significantly reducing participation.

Over the past several years, we have worked to rebuild our presence, relationships, and program reach across the county. Last year, we served 416 Chester County participants, and participation continues to grow. In FY25 we served 349 participants, a 19% increase. We are seeing renewed interest from schools, the YMCAs, and community partners which is creating an opportunity to reach more participants and move closer to, and ultimately beyond, pre-pandemic participation levels.

Investment at this moment will help GOTR turn that momentum into sustainable growth while keeping the program accessible as we expand.

- **How will results & impact be demonstrated?**

GOTR will measure both program reach and participant outcomes. We will track the number of Chester County participants served, the number and percentage receiving financial assistance, the number of program sites, participation at Title I schools, and season completion.

Participant impact is measured through GOTR's evidence-based evaluation tools, which assess growth in areas such as confidence, connection, competence, character, caring, and physical activity. We also collect feedback from participants, families, and coaches to understand how the program is affecting participants beyond what can be captured through numbers alone.

- ~~Additionally, for capacity building grant proposals:~~

- ~~○ How will this capacity building initiative impact your nonprofit?~~

- ~~○ How will this impact be demonstrated?~~

- ~~○ Include a description of the expected activities; timeline & costs to implement the initiative. If external consulting services are required, include the anticipated costs & expertise of the consultants to be hired. Include external consultant proposal/s if applicable.~~

III. ATTACHMENTS

Email this support information. If it is on your website, please provide the [URL](#).

1. Copy of **501 (c) (3)** federal tax-exempt letter
2. List of **Board** of Directors, with their affiliations [URL](#):
3. Most recent **annual report** [URL](#):
4. Audited or reviewed recent **financial statement** [URL](#):
5. Itemized **organizational operating budget** with actual results for prior fiscal year & current fiscal year to date
6. If capacity building initiative, **itemized budget** (including external consultant's proposal, if applicable)
7. Current **strategic plan**. If your nonprofit does **not** have a current strategic plan, **explain why**.

- Visit our website to learn more at www.chescocf.org
- Proposals are only accepted electronically: <https://chescocf.org/receive/apply-for-grants/>
- **Email proposals to grants@chescocf.org**
- Proposals are considered “complete” when CCCF has **confirmed** receipt of the **Grant Proposal Summary Sheet, Narrative & Attachments**.
- Proposals are shared electronically and online with Fund Advisors, Donors & Grant Panels.
- Per IRS Regulations, applicants must be charitable, tax-exempt organizations with 501(c)(3) certification & cannot be individuals.

Please contact Kevin Baffa, Grants Administrator
at **(610) 696-8211** or grants@chescocf.org with any questions.

*Connecting people who care with causes that matter,
so their philanthropy makes a difference, now & forever.*

