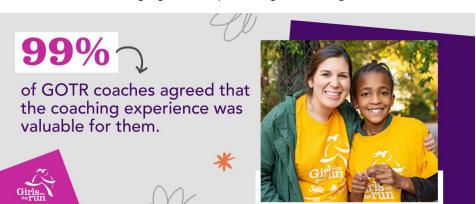


Girls on the Run coaches are:

- Trained volunteers who lead small teams through powerful and engaging lessons
- Not required to be runners or athletes
- Fully prepared and support by GOTR
- Available for practice 2x/week for 75 to 90-minutes for the 10-week season
- Building confidence, creating healthy habits and deepening social-emotional skills through our evidence-based curriculum
- Encouraging and empowering the next generation



Our coaches are at the heart of what makes Girls on the Run a program unlike any other. At every practice, their encouragement inspires girls to live fearlessly.

Remember: No experience is required! Coaches are provided with all of the training and supplies necessary.

Season Begins the week of February 26 and lasts until the Celebration 5K on May 18, 2024.



Girls on the Run Site: Murray Lake Elementary

Practice Schedule: Tuesdays & Thursdays 4:00pm - 5:15pm

For More Info, Contact: Amanda Riley (ariley@decc.com or 616-634-0404)