



ROLE MODELS NEEDED



Girls on the Run is a confidence-building journey that helps girls realize their inner and outer strength. It empowers girls to make healthy decisions through education and physical fitness.

No running experience needed - we're not a running program

Volunteers only need to be enthusiastic and committed to the healthy development of young girls

Groups meet twice a week for 85-90 minutes. Coaches receive FREE training and all of the tools and materials needed to deliver 20 fun and uplifting lessons during the 10-week season, an official GOTR Coach t-shirt and free registration for the season-ending 5k celebration!

If you're interested in coaching at the YMCA, please contact Jen Reiss, jriess@lakecountyyymca.org

CHECK OUT THE COACH INFORMATION PAGE on our website at **www.gotrneo.org** for complete details and to register

or contact **Volunteer Manager Tricia Miller** at **234-206-0786 • tricia.miller@girlsontherun.org**

If **YOU** could
help young
girls gain a
stronger sense
of **identity**,
greater **self-**
acceptance,
a **healthier**
body, and an
understanding
of what it means
to be
PART OF A TEAM
in just a couple
hours a week,
WOULD YOU?

Join our
community

BECOME A COACH

