

Girls on the Run!



Become a coach and inspire girls to be joyful, healthy and confident. Deliver a curriculum that encourages girls to achieve their goals and teaches valuable life skills. Complete a 5k with your team and make a difference in the community!

Not a runner? Not a problem! As a coach; you will serve as a role model and empower girls to activate their limitless potential. Here's what one Western MA teacher/coach said about their experience with Girls on the Run:

"As a teacher, it was great to be part of a program that was outside of the classroom, and the girls were able to see me as something other than a teacher. They were even allowed to call me by my first name (at practice only) which they thought was a hoot! From the first lesson to the 5K, being able to see them transform during the program AND in school was just amazing. I had some girls stopping me in the hallway telling me about the techniques they used during certain situations that would arise during the school day. It honestly brought tears to my eyes! All the time, energy, and effort that went into being a coach was well worth it. I remember crossing the finish line at the end of season 5K with one of my girls holding hands and the smile on her face was one that I had never seen before! I know the girls learned a lot from the program and from me, but I learned from them as well! As we would shout during our practice running... GIRLS ON THE RUN IS SO MUCH FUN!"

To learn more about the coaching experience the Girls on the Run program visit us at: www.girlsontherunwesternma.org or e-mail our directors at: alison.berman@girlsontherun.org, molly.hoyt@girlsontherun.org.

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