



Girls on the Run

NJ East

Coaches Needed

Volunteers do not have to be runners themselves; the only requirement is that they be enthusiastic and committed to the healthy development of young girls. Groups meet twice a week for 60–90 minutes. Coaches receive training and are provided detailed lesson plans as well as all the materials and guidance needed to implement GOTR. You just need to bring the energy and enthusiasm. Or join us as a running buddy on a more informal basis, attending practices as your schedule permits.

a girl on the run is in everyone

Visit our website at www.girlsontherunnj.org to learn more.

Contact Anne@girlsontherunnj.org for more information.

If **YOU** could **help**—not just one **girl**, but **15**—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 of hours a week, **WOULD YOU?**

JOIN US
as a **Coach** or
Running Buddy

Volunteering
with **GOTR**
might change
your life as
much as the
girls you coach!