



“It’s a lot like recess and a slumber party all rolled into one!”

So we know you like to run, but how would you like to share your love of running while making an incredible impact in the lives of young girls right here in Northeast Tennessee?

Girls on the Run of Northeast Tennessee is a 12-week after school program that uses the power of running to help prepare girls for a lifetime of self-respect and healthy living. It’s a place where participants learn how to celebrate being themselves by building self-esteem and improving emotional and physical health. Each session is led by trained coaches who guide and mentor girls through a fun and uplifting curriculum. Along the way, the girls train together to walk or run a 5K.

We are currently recruiting volunteer coaches for our spring 2013 season and we need you! We know you’ve got it – you’re self aware and lead a confident, healthy life and we need you to share those powerful principles with our girls! Girls on the Run is a chance for you to get outside, laugh, jump, cheer and share your love of running. One coach described it as ‘a lot like recess and a slumber party all rolled into one!’ But most importantly, it’s a chance for you to help girls in our area realize their full potential.

All you need is about an hour and a half per week (mostly after school hours) from February through May, a belief in our mission and a desire to learn, grow and have fun with the girls. We will provide you with training, a curriculum guide and all the supplies you need to deliver the program.

Join over 350 women who have already committed to the mission locally and help make a difference today! For more information or to sign up as a coach, please visit <http://gotrnetn.org/gotrnetn/get-involved/> or contact Ani Boyd at 423-677-3595 or ani.boyd@girlsontherun.org.