



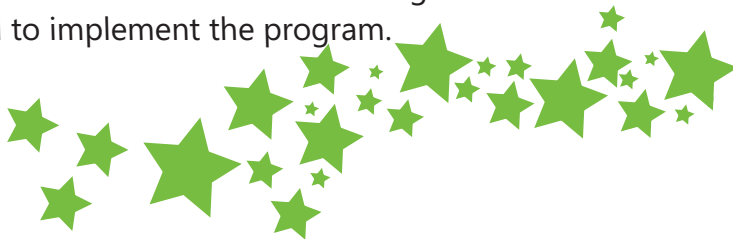
*“We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.”*

## *Coaches Needed*

**You don't have to be a runner! Just bring your energy and enthusiasm.**

**Volunteering for Girls on the Run of Central NJ** will change your life as much as the girls you coach! Volunteer coaches do not have to be runners; the only requirement is that you are committed to the healthy mental and physical development of girls in grades 3-5.

Groups meet twice a week for 75 minutes for 10 weeks. Coaches receive training and are provided detailed lesson plans as well as all the materials and guidance needed to implement the program.



**GOTR** has been recognized by the National Afterschool Association (NAA) as **one of the most influential after-school programs in the nation** and was recently included in a Harvard University research program on Social- Emotional Learning.

**Volunteer Coaches are needed at: East County Reserve/Park 101 Old Stirling Road, Warren, NJ  
Days: Tuesdays & Thursdays Time: 4:30-5:45pm**



*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?*

*For more  
Information  
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Or go to: [www.gotrcnj.org](http://www.gotrcnj.org)