

Girls on the Run

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

Coaches Needed



Volunteer coaches **do not have to be runners** themselves; the only requirement is that they be enthusiastic and committed to the healthy 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 GOTR. You just need to bring your energy and enthusiasm.

A girl on the run is in everyone!

**Volunteer Coaches are needed at
Woodland & Mt. Horeb Schools in Warren**

Please contact Donna York, Executive Director at donna.york@girlsontherun.org or 908-285-9202.

For more information please visit our website at www.gotrcnj.org



GOTR of Central NJ

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!

You don't have to be a runner.

Volunteering for Girls on the Run of Central NJ will change your life as much as the girls you coach!