



Inspire Greatness...

You don't need to be a runner or have previous coaching experience, just a passion to change the lives of young girls.

What is Girls on the Run?

Girls on the Run is a non-profit, after-school program that uses the power of running to educate and give Vermont girls the opportunity to build confidence, healthy habits, and learn the tools they need to grow into empowered young women. You'll help 3rd-8th grade girls recognize their inner strength, learn to respect one another, understand what it means to be a part of a community, celebrate all that makes them unique, and so much more! Each interactive lesson creatively integrates running so in the midst of having fun and learning, they are also training for an end-of-season celebratory 5k.

How do I become a volunteer coach?

- Commit to facilitate the 10-week GOTR curriculum at your assigned school/site
- Submit an online Coach Registration Form and background check
- Complete a 1 hour interactive online pre-training
- Attend a coach training facilitated by GOTRVT
- Become CPR (AED) and First Aid certified (if applicable)
- Attend the end-of-season Girls on the Run 5k run/walk
- Have fun and know that you are making a huge difference!

Where can I learn more?

Visit our website at www.GirlsOnTheRunVermont.org/coaching

Preparing over
3,000 girls
in Vermont for
a lifetime of
self-respect &
healthy living.

