



**LIFE COMES AT GIRLS FAST.
HELP THEM FIND THEIR PACE.**

BECOME A GIRLS ON THE RUN COACH

You do not need to be an elite runner or an experienced coach. Girls on the Run is looking for dynamic role models, dedicated to empowering girls to become healthy and confident young women.

Teams of volunteer coaches facilitate our easy to follow curriculum with groups of 8-15 girls over the course of ten weeks. At the end of the season, teams from all over Whatcom County come together for a celebratory 5K run. You rarely see so much pride, joy and so many smiling faces in one place - it is not to be missed!

Contact Sharon Stone for more information! ssone@whatcomymca.org

Ready to make a difference? The first step is signing up. Ready, Set, Coach!