

Wanted: Girls on the Run Coach!

Girls on the Run

Tuesday/ Thursday

3/9-6/5

4:30pm-5:30pm

**Ackerman Sports
and Fitness Center**

**GLEN ELLYN PARK
DISTRICT**

185 Spring Ave
Glen Ellyn, IL 60137
630-858-2462
www.gepark.org



Keeping Pace with
Girls on the Run-Chicago

Girls on the Run-Chicago News



We are looking for some assistance coaching this season of Girls on the Run. We currently have two wonderful coaches lined up, but we would prefer to have 3 to spread the responsibilities. No previous running experience is required, but preferred. Please contact Sarah Sandquist if interested. ssandquist@gepark.org or 630-942-7264

Program Text

Attention 3rd, 4th, and 5th grade girls. Girls on the Run is an experiential learning program that combines running with life-changing, self-esteem enhancing fun workouts. This program builds self-confidence while teaching life skills and healthy lifestyle habits. At the end of this 12 week program, you'll be ready to run in a 5K (3.1 mile) race. This program includes 24 one-hour lessons conducted by 2 coaches, lesson handouts, a You Go Girl! t-shirt, water bottle, and race entry fee.