

Volunteer with Girls on the Run

BUILD CONFIDENCE

FOR LIFE!

Girls on the Run is an after-school program led by trained, caring coaches who empower girls to activate their limitless potential.

Teams meet twice weekly for 8 weeks, culminating in a celebratory 5K with friends and family.

EmBe
Girls_{on}
the_{run}®



Coach a team!

- GOTR provides all the tools, training, and support you need.
- Coach Commitment is once a week!
- You don't have to be a runner!
- No coaching experience is required.

LEARN MORE ABOUT
BEING A GOTR COACH!



Ready... Set... GOTR!



Season Details: March - early May



Chester Elementary GOTR team will meet on: Tuesdays and Thursdays after school for 1.5 hours!



The 5K Celebration will be held in May 2026 !! Details to come throughout the season!!



You'll Teach Girls How To...

- Develop a sense of belonging with a team
- Speak positive self-talk and increase self-worth



QUESTIONS?

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