

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

Girls on the Run is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



A GOTR COACH...

- Believes in the inherent power within every girl
- Wants to leave a lasting impact on the lives of girls and the community
- Will receive training and support along the way
- Doesn't have to be a runner
- Has a desire to help girls learn, grow and have fun
- Can commit to 90 mins practices 2x per week
- Can be YOU!

MANDATORY COACH TRAINING DATES:

3/1 OR 3/14, 9 am- 2 pm

at Dash's Market, 1770 Hertel Ave #3002, Buffalo, NY 14216

FALL SEASON DATES: March 23rd- June 7th

5k: SUNDAY June 7th at UB North Campus

“I am grateful to see first-hand how much of an impact this program has on girls. It not only unites girls of different backgrounds, but it also teaches them how to respect and accept each girl—and themselves—for who she is.”

- Coach Erin



Visit www.gotrbuffalo.org to fill out a coach app. or email lauras@gotrbuffalo.org