



Girls on the Run of the Rockies

Get up, get out, and come prepare a group of girls for a lifetime of self-respect and healthy living. In between the high fives and piggyback rides, these girls will look up to you as a model of what it means to live confidently. You've got it. Help them get it too.

**What do you say, coach?
Changing lives begins with signing up.**

To volunteer go to: www.girlsontherunrockies.org
to fill out a coach application and find out more about
this amazing program.

Please contact Ali at:
Ali.holstein@girlsontherun.org with questions.

