# 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 at York College on November 15!




## Coach at Indian Rock Elementary!

- Practices Monday/Wednesday, 3:45-5:15 PM
- GOTR provides all the tools, training, and support you need.
- You don't have to be a runner!
- No coaching experience is required.
- Educators who volunteer as coaches can earn up to (40) ACT48 credits.
- Fall 2026 season begins the week of September 14.

## Learn more about being a GOTR Coach

Visit gotrmidstatepa.org/coach

## QUESTIONS?

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*The school district neither encourages nor discourages a student's participation in the activity described herein.*