

Become A Girls On The Run Coach!

INSPIRE THE NEXT
GENERATION OF
WOMEN!



APPLY BY
JANUARY 1, 2024
FOR THE ULTIMATE
COACHING TOTE BAG!



ABOUT GIRLS ON THE RUN

The Shenandoah Valley girls on the Run Program proudly supports over 4,000 girls in the cities of Winchester, Harrisonburg, Clarke, Frederick, Page, Rockingham, and more! Our program helps girls recognize their potential and rise above limiting gender expectations. We are so much more than a running program!

THE COACHING LIFESTYLE

Being a Girls on the Run Coach is easy-peasy! All you need to do is commit to practice twice a week for 10 weeks and bring a can-do attitude. We will do the rest. Coaching is even more rewarding! Being a GOTR coach, you have the opportunity to inspire girls to be their truest most amazing selves.

Visit Our Central Virginia
Website at
<https://www.girlsontherunsv.org/>

 gotr_shenandoahvalley





ShennandoahValleyGOTR

408,360 followers

1w • Edited •



Every girl deserves a healthy mind and a confident spirit. In today's world, girls have never needed programs like GOTR more! YOU have the power to be a part of this important program!

Curious about being a **GIRLS ON THE RUN** Coach?

Inspiring Women, Inspiring You!



We just need more **KIND**
PEOPLE and they are
starting **HERE.**

- GOTR Coach

HOW TO BECOME A GOTR COACH IN 4 EASY STEPS

1. Apply on our Website!
2. Attend an in-person International Coaches Training
3. Commit to practice Twice a week for 10 weeks (Thats only 20 practices!)
4. Have the best time shaping g the next generation of young women into the most confident and beautiful versions of themselves!

98% OF GIRLS
ON THE RUN COACH-
ES AGREES THAT THE
SKILLS AND STRATE-
GIES THAT PARTICI-
PANTS LEARN ARE USE-
FUL TO THEM IN THEIR
LIVES



1,034

15 comments . 17 reposts





Girls on
the run