



Get involved with **Girls on the Run** or **Boys Run / toowú klatseen...** **Become a coach!**

These are **empowerment** programs for **3rd-8th graders** that use running games to teach life lessons about **identifying values, working together,** and **giving back to the community.**

The programs end with a fun, **5k** event to celebrate their work!

What's involved in coaching?

Coaches **don't need to be runners!** We need **men and women** who are positive role models for 3rd-8th graders, with a passion for empowering kids to be their special, unique selves! Coaches facilitate a set curriculum with 1.5 hour-long lessons 1-2 times per week for 10 weeks, after school.



One-day training for new coaches:

Girls on the Run: **August 26**

Boys Run / toowú klatseen : **September 9**

For more information or to sign up, contact Natalie- nataliew@awareak.org or 586-4902

