

For Immediate Release:

January 17<sup>th</sup> 2018

Contact: Karen Ripke, B.S., CHES

Health Educator

Email: [kripke@dhd10.org](mailto:kripke@dhd10.org)

Phone: (231) 305-8659

**FOR IMMEDIATE RELEASE**

**2018 Girls on the Run Spring Season seeking volunteer coaches**

Girls on the Run<sup>®</sup> is a national non-profit program whose mission is to inspire girls to be joyful, healthy, and confident while using a fun, experience-based curriculum that creatively integrates running.

This program is offered for girls 3<sup>rd</sup> - 8<sup>th</sup> grade at participating schools. The program runs an hour and a half, 2 days a week after school for 10 weeks in the spring. Two volunteer coaches are needed for every team of 15 girls.

Coaches are the heart and soul of the Girls on the Run program and we are always looking for more people to become a part of this wonderful, inspiring program so that more girls have the opportunity to participate. Coaches are provided with training, a researched based curriculum, and teaching materials. Our coaches come from a variety of backgrounds; parents, teachers, nurses or other community members that value physical fitness. You do not need to be a runner to coach!

The deadline for schools and coaches to sign up is January 31<sup>st</sup>, 2018. Schools and coaches who wish to become involved with this program please contact Karen Ripke, coordinator at (231) 305-8659 or email at [karen.ripke@girlsontherun.org](mailto:karen.ripke@girlsontherun.org)  
For more information please contact us or go to [girlsontherun.org](http://girlsontherun.org).

###

**MEDIA CONTACT:**

Jeannine Taylor  
Communications/PIO  
521 Cobb St.  
Cadillac, MI 49601  
O: 231-876-3823  
C: 231-920-4998  
[jtaylor@dhd10.org](mailto:jtaylor@dhd10.org)



**COUNTIES SERVED:**

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



P: 888-217-3904



[www.dhd10.org](http://www.dhd10.org)



[healthdept10](https://www.facebook.com/healthdept10)