

# Come run with us!



Join fellow Laramie female runners as coaches in the 7<sup>th</sup> Annual She's A Runner Girl program for 2<sup>nd</sup> to 6<sup>th</sup> grade girls.

## What is the She's A Runner Girl Program?

This is a 6-week running program that combines running and confidence-building activities for lifelong healthy living.



## How would I be involved?

As a coach, you will lead small groups of girls through a different pre-scheduled activity each week, games, goal making, and stretching. You will also have the opportunity to run with the girls during the weekly training runs and during the Hapi-ness 5K.

## What are the dates and times?

Coaches Meeting: Tuesday, April 4<sup>th</sup>, 2017 from 6 - 7 PM

Program: Tuesday evenings, April 11<sup>th</sup> - May 16<sup>th</sup>, 2017 from 6 - 7 PM

Coaches are also asked to attend the Hapi-ness 5K- Saturday, May 20<sup>th</sup>, 2017, if possible

All sessions (unless otherwise noted) are held at the Indoor track at the University of Wyoming Field House.

## How do I sign up?

Email Jill at [shesarunnergirl@gmail.com](mailto:shesarunnergirl@gmail.com) with the following information by March 28<sup>th</sup>, 2017:

- Your name
- Your email and phone number
- Your performance style t-shirt size (Ladies XS, S, M, L, XL)
- Any sessions you won't be able to attend (including the Coaches Meeting and the 5K)
- If you have an age group you would prefer to work with (2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, or 6<sup>th</sup> grade)
- If you would like to be assigned with a fellow coach
- Any age appropriate, positive running song suggestions for us to add to our She's A Runner Girl playlist



She's A Runner Girl is a High Plains Harriers running program. You can find out more about membership and running race discounts by visiting [www.highplainsharriers.org](http://www.highplainsharriers.org). Photos courtesy of Wendy Perkins and the High Plains Harriers

## Questions?

Jill Woltkamp

(410) 982-8194

[shesarunnergirl@gmail.com](mailto:shesarunnergirl@gmail.com)