



Come run with us!

Join fellow Laramie female runners as coaches in the 8th Annual She's A Runner Girl program for 2nd to 6th 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 first annual Purple Run.

What are the dates and times?

Coaches Meeting: Tuesday, March 20th, 2018 from 6 - 7 PM

Program: Tuesday evenings, March 27th - May 1st, 2018 from 6 - 7 PM

Coaches are also asked to attend the Purple Run on Saturday, May 5th, 2018, 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 with the following information by March 20th, 2018:

- 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 Purple Run)
- If you have an age group you would prefer to work with (2nd, 3rd, 4th, 5th, or 6th 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. Photos by Kathy Milks.

Questions?

Jill Woltkamp
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shesarunnergirl@gmail.com

Know a runner girl? Here's the online registration!

<https://www.eventbrite.com/e/shes-a-runner-girl-2018-tickets-42266762023>