

Girls on the Run is seeking fun-loving volunteers to inspire our young Whatcom County runners (walkers, skippers and hoppers, too!) *Coaches need NOT be runners*, just positive role models.

Empower kids with life lessons learned through active games & running (galloping, too!). The easy-to-follow curriculum builds to a celebratory event where teams come together to complete a 5K on November 18th

Sept 25th-Nov 18th (late starting coaches welcome!)

Teams meet 1x or 2x weekly for 90 minutes

2-3 coaches per team

All genders are welcome to coach!

Marathon Club is looking for encouraging volunteers to guide girls and boys in 3rd-5th grade through 9 weeks of warm-ups, walking & running, on their way to a total of 26.2 (or more!) by season's end. *Coaches need NOT be runners!*

Oct 9th-Dec 8th

Teams meet 1x week for 60 minutes + 15 min before & after

2 coaches per team (four teams total)

All genders are welcome to coach!

Both GOTR and Marathon Club commitments include some online and in-person training that can be applied to your total Service Learning hours.

Girls on the Run Schedule:

Happy Valley Elementary: Thursdays 12:20-2:05. This school is very near campus. Most students that coach here will walk to the school from Western.

Lowell Elementary: Tuesday 2:30-4:15. This school is also near campus and most coaches will walk. This is also considered a walking school and has no busing.

Northern Heights Elementary: Mondays 2:30-4:15. This school is on the western edge of the district and is a mix of families in town and ones that live in rural parts of Bellingham. There is one bus that goes from town, but it only goes once an hour and is not very convenient. Students would need to have a car to coach at this school.

Roosevelt Elementary: Thursdays 12:20-2:05. This is another Title 1 school and you will have participants from underserved communities. The counselor at this school works to get participants from families that could benefit from after school activity and the program. The school is not close to campus, but coaches can get to it via bike as well as bus.

Silver Beach Elementary: Tuesdays 2:30-4:15pm. The school is located in a neighborhood on the western edge of town. You would need a car to get to this school, the bus is not very convenient.

Marathon Club schedule:

Monday 2:30-3:45- **Birchwood Elementary**- Title 1 school with a large Spanish speaking population.

Tuesday 2:30-3:45- **Alderwood Elementary**- Title 1 school with a large Spanish and some Russian speakers.

Wednesday 2:30-4:45- **Roosevelt Elementary**- Title 1 school

Thursday 12:30-2:05- **Cordata Elementary**- Title 1 school with a large Spanish speaking population.

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