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## Program helps maximize girl power

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Girls in grades three through five in Salt Lake County are learning to celebrate all aspects of girlhood thanks to Girls on the Run Salt Lake.

The nonprofit organization, formed in 2007, aims to empower girls to focus on strengths and honor their voices. It teaches girls to celebrate their bodies and live a healthy life of self-respect through a 12-week training session in many schools throughout Salt Lake County.



Girls on the Run Salt Lake at the organization's spring 2010 race in Sugarhouse Park. Courtesy Image

In addition to running practices, the curriculum, which begins March 1, is designed to inspire girls to stay true to themselves and steer clear of societal stereotypes.

At the end of the session, all participants run or walk in a 5k (3.1 mile) event. This year, the race is scheduled for May 14 in Sugarhouse Park.

Girls on the Run is a national organization formed in 1996. The program reaches 80,000 girls a year, and offers scholarships to one-third of those girls.

The Salt Lake County group reaches out to more than 300 girls and their families each spring and fall. It has grown to twenty sites this spring.

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### Coaches needed

Girls on the Run Salt Lake is looking for volunteer coaches to work March 1 through May 31, with training set for Feb. 12 at Rowland Hall Lower School.

Positions are available at J.E. Cosgriff Memorial Catholic School, Nibley Park School and Franklin, Whittier and Edison elementary schools.

Contact Shelley Snow, 801-918-1050 for more information.

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