

Want to start Girls on the Run or STRIDE at a school or site? Here are our 5 easy steps to start your own program:

1. Be able to commit to two days a week for 10 weeks after school and our race at the end of the season (either in May or December)
2. Contact Margie Butts (Margie.Butts@wilmingtonfamilymca.org) or Amber Rogers (Amber.Rogers@WilmingtonFamilymca.org)
3. Contact the site in which you would like hold the program and get approval for program at the site.
4. Attend our coach's and CPR training either in February or August of each year.
5. Get other teachers, parents, or people within the community to help you coach (you will need at least 2 coaches per 15 girls/boys)