

Volunteers sought to coach track team for Catholic School



Only a small amount of time is needed to make a massive difference

I need some help getting volunteers. A little background, in January 2009, I was obese. I decided to change my life through diet modification and daily exercise. I ended up losing 100 pounds and discovered a love of running. I'm now a 16 time half marathoner (across 7 States) and 2 time full marathoner. In 2009, I also started a Track Club at Holy Family Holy Name. One out of three children are now obese or overweight. Teaching them a little bit about fitness through running has been amazing. The Track program spread to all five of the Greater New Bedford Catholic Schools in 2010 and in the Spring of 2010 we held our First Annual Catholic Schools Track Meet. A fabulous event where all five school competed, yet cheered

each other on.

Now, I'm looking to spread this program to the five Fall River Catholic Schools. I am finding volunteerism is lacking in the great City of Fall River and I will not be scared off, instead I will change this and show them the way. I need a few runner's who are willing to step up and coach a track team. It is no pressure, lots of fun and requires one hour of your time for approximately 12 weeks. I need positive people who are excited about helping children get fit and love running. You do not need to be a fantastic super-star runner. This isn't the Olympics. You just need to be willing to share your gift (well and pass a CORI, lol).

Volunteering is one of the most rewarding things you can do as a person, like me, you will probably find that you gain more than you give. You will change lives, you will make a difference, you will be the CHANGE that the world needs.

Interested people can contact me at annsylvia@gmail.com.
