



# Coach Profile

**Coach:** Alison Yoder

**Occupation:** Coach/Trainer

**Interests:**

Hanging out with my family, enjoying the outdoors and being active by hiking, running, biking and swimming

**Favorite Quote:** “Do what you can, with what you have, where you are.” – Theodore Roosevelt

**Favorite Thing to Do Every Day:**

Laughing and having a good time doing whatever happens to be going on that day

**Hidden Talent:**

Dancing – usually she’s the first person out on the dance floor getting the party started



As a coach and trainer, Girls on the Run Sonoma County coach Alison Yoder loves working with young kids.

In fact, that’s the direction her career is heading. This past summer she coached several local kid triathlon camps and she plans to coach cyclocross clinics for kids in the fall.

Learning about the health-based lessons Girls on the Run teaches from her sister, Alison was eager to get involved. “I wanted to join an organization that focused on kids and fitness”, recalls Yoder. “Girls on the Run was a perfect fit and I jumped in by becoming a board member and coach.”

Throughout her childhood, Alison played various sports and now loves to compete in triathlons and cyclocross.

“Without a regular workout I get grumpy, so it is definitely my workouts that keep me relaxed and feeling balanced.”

During the 12 week Girls on the Run season, third through sixth grade girls learn about the importance of exercise and making healthy choices while discussing important topics, playing games and exercising.

At the end of the program the girls participate in a non-competitive finale 5K (3.1 mile) run/walk event. “I love coaching girls who have never accomplished anything like this before. The looks on their faces after completing the final 5K run/walk are priceless.”

Girls on the Run is not just a running program, it’s about “educating and preparing girls for a lifetime of self-respect and healthy living”. With the program is broken down into three parts, girls learn how to deal with body image and the media, resist peer-pressure, work together in a group and contribute to the community – all in an effort to help them become strong contented and self-confident women.

There aren’t many people who live each day doing what they love. “Helping people of all ages reach their fitness goals and take care of themselves” is important to Alison.

“Each day I want to feel good about myself and I want to be proud of who I am and what I do.”

Whether it’s swimming, cycling, running, hiking or enjoying the outdoors with friends or family, Alison understands the value of daily fitness and having fun. “When I’m coaching, I can’t help but be silly - that’s the best way to relate to kids.”

As a fitness enthusiast, Alison is overwhelmed with pride watching her kids, Audrey (14) and Zack (11), play sports. Getting involved with sports at a young age helps kids build self-confidence and establish healthy fitness habits.

With her infectious laughter and positive energy, Alison is an inspirational, empowering mentor for adults and children!

To learn more about Girls on the Run or volunteer, visit [www.gotrsonomacounty.org](http://www.gotrsonomacounty.org).