



# Coach Profile

**Coach:** Carrie Cheadle

**Occupation:** Mental skills training coach

**Interests:** Sport psychology, snowboarding, trail running, and chocolate

**Favorite Quote:**

“A ship is safe in the harbor, but that’s not what ships are built for.” - William Shedd

**Favorite Thing to Do Every Day:** Sleep and eat!

**Hidden Talent:**

She can sing and used to sing in a band!



Girls on the Run Sonoma County coach, Carrie Cheadle understands firsthand the challenges some Girls on the Run participants may fear when starting our program.

Through her work as a mental skills training coach, Carrie works with athletes and teams of all levels on mental skills training. “I help athletes break through perceived barriers and accomplish their goals”, said Cheadle. “We work on reducing performance anxiety, building confidence, dealing with pressure, and figuring out life balance - all of the mental and psychological aspects that impact an athlete.”

During the 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 preparing for the 5K run/walk.

“The skills we teach the girls are so similar to the skills that I teach the athletes I work with.”

While weaving in fitness and living a life-long healthy lifestyle is important to Carrie, she didn’t get into athletics until she was an adult. “Now I know that I still want to be active when I’m 90,” smiles Cheadle. “It makes me proud of how far I have come and the hard work I have put into my own health and fitness.”

Throughout the 12-week Girls on the Run season, girls learn how to deal with body image and the media, resist peer-pressure, work together in a group and contribute to the community. At the end of the program the girls participate in a non-competitive finale 5K (3.1 mile) run/walk event.

Girls on the Run isn’t just about running, and girls don’t have to have any running experience either.

Mentored by two certified Girls on the Run coaches, the program is broken down into three parts and young girls learn about themselves, learn how to work together in a group and learn how to contribute to the community while setting goals and preparing for the completion of a run/walk 5K.

“I really enjoy seeing people support young girls getting active and introducing them to sports. I love seeing the support they get from the coaches and from each other. I also like how the girls are introduced to running. I *loathed* running when I was a kid! If I had been introduced to running through games, learned about pacing, and also was able to do it through building a community, I may have actually enjoyed running.”

Working hard, setting health-based goals and overcoming obstacles is second nature to Carrie. And, this year is no exception. Carrie plans to participate in a trail running event, an adventure race and the Multiple Sclerosis Waves-to-Wine ride, plus snowboard with her husband as much as possible.

When asked how Carrie finds the time to coach Girls on the Run while keeping pace with her personal commitments and the demands of her professional carrier, she replied “I love watching the girls interact with each other and figure out the world around them. It reinforces my love of learning and growing and being in awe of the world around me.”

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