



# Coach Profile

**Coach:** Fran Rasmus

**Occupation:** Preschool Teacher

**Interests:**

Reading, hiking with family, going on trips to new places

**Favorite Quote:**

“The best things in life are not things.” – Bumper sticker

**Favorite Thing to Do Every Day:**

Enjoying the morning coffee and newspaper, reading stories with my kids and exercising

**Hidden Talent:**

I can strum a few tunes on my ukulele.



Being around a bunch of young, energetic kids comes second nature to Girls on the Run coach Fran Rasmus.

As a preschool teacher and mother to 11-year-old Ben and 9-year-old Jane, Fran spends her day surrounded by the energy, laughter and play of children.

And she enjoys every minute of her day!

“It is fun getting to know all of the unique girls who participate in the program. Watching them become stronger and more confident during the season is inspiring. Our head coach does a great job of establishing trust and respect among the girls so they can be free to be ... GIRLS!”

Observing a Girls on the Run team having fun after school at Apple Blossom Elementary in Sebastopol, Fran was eager to get involved. “My daughter was only 6 years old at the time, so we waited until she was old enough to join the team”, recalls Rasmus. “Girls on the Run was a perfect fit for Jane, and I jumped in by becoming an assistant coach so we could spend more quality time together.”

All Girls on the Run teams in Sonoma County are coached by at least two female volunteer mentors.

“Watching the girls develop friendships, where they learn to trust and encourage each other, is so inspiring.”

During the 10-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 helping girls set their own personal goals for the 5K run/walk event and accomplish those goals.”

Girls on the Run coaches play an instrumental part in helping to educate and prepare girls for a lifetime of self-respect and healthy living. With the program 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, content and self-confident women.

Juggling life-responsibilities with motherhood isn’t always easy, but Fran’s priorities are clear: Her family comes first, period. To maintain personal balance, Fran jogs three or four times each week with neighbors and drinks water regularly.

When asked how Girls on the Run helps her, Fran replied, “We have some silliness every session we’re together. It’s always good to find humor in each day.”

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