



# Coach Profile

**Coach:** Lisa Hilbert

**Occupation:** Physical education instructor

**Interests:** Running, tennis, soccer, triathlons, skiing, biking, hiking and travel

**Favorite Quote:**

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

Ralph Waldo Emerson

**Favorite Thing to Do Every Day:** Exercise

**Hidden Talent:** Sewing



Without skipping a beat, Girls on the Run Sonoma County coach Lisa Hilbert enjoys juggling a myriad of activities every single day, including her professional career, exercise and motherhood. A busy mom of three athletic-driven kids, Lisa learned long ago how to successfully multi-task so she can stay afloat of her personal and professional responsibilities.

Lisa discovered Girls on the Run several years ago when she participated in SoleMates (formally named Team Tiara) in the Chicago marathon. SoleMates is the adult charity leg of Girls on the Run, where teams or participants raise money while pursuing individual goals. Lisa gained a bonus entry spot into the coveted Chicago marathon by selecting Girls on the Run as her charity organization.

“I got involved right away and was hooked on the people, the program and the organization,” recalls Lisa.

When Lisa learned that a Girls on the Run council was forming in her community, she was ready to get involved in other ways. Working in tandem with two other gals, Lisa helped co-found Girls on the Run Sonoma County in 2007 and launched the first team at Corona Creek Elementary in Petaluma.

“The best part of Girls on the Run,” she said, “is coaching and seeing the girls cross the finish line at the finale 5K.” The 5K run/walk event is GOTR Sonoma County’s final phase of the program.

Over the years, Lisa has been a valuable leader and mentor for our organization, serving various philanthropic roles. She’s been a head coach at Corona Creek Elementary for several seasons and also serves on the board of directors.

While Lisa has participated in a variety of sports like running, softball, tennis and soccer since childhood, she understands first-hand how daily exercise and healthy choices affect her mind, body and spirit. As a physical education teacher, Lisa enjoys helping young kids discover how much fun exercise and healthy lifestyle choices can be.

And for Lisa, Girls on the Run is right up her alley!

Each 10-week Girls on the Run season is broken down into three developmental parts: learning the importance of self, learning to cooperate in a group and learning to be part of and contribute to the community.

Girls are taught specific life lessons while training for a 5K, such as dealing with body image and the media, resisting peer pressure and making healthy decisions. At the end of the 10-week program, each girl completes the non-competitive 5K run/walk event, which covers 3.1 miles. Every girl, no matter what their physical ability or athletic level, crosses the finish line!

An avid and enthusiastic runner for nearly 30 years, Lisa has crossed the finish line of many triathlons, 10Ks, half- and full-marathons in her athletic career.

“Setting a goal, no matter what it is, and finishing the event brings a tremendous sense of personal satisfaction and pride,” says Lisa. “I want to help more girls feel good about themselves and believe they can accomplish anything.”

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