



Coach Profile

Coach: Stacie Sather

Occupation: Editor, Writing Center Assistant

Interests:

Reading, writing, running and cycling

Favorite Quote:

“Success is not final, failure is not fatal: it is the courage to continue that counts” – Winston Churchill

Favorite Thing to Do Every Day: Laugh and read

Hidden Talent: I don’t have a hidden talent, as I like to share my talents with everyone!



Whether it’s walking, running or cycling, Girls on the Run Sonoma County coach, Stacie Sather likes to weave in physical activities into her schedule daily. As mother, wife, editor, tutor, coach, triathlete and friend, Stacie enjoys the physical and mental benefits that come from daily exercise.

Stacie discovered Girls on the Run at a race in San Francisco and learned more about the local council closer to her home.

“I got involved right away and haven’t looked back,” said Stacie. “It’s been a fun and rewarding personal experience.”

She’s been a head coach at Grant Elementary in Petaluma for over three years and also shares her professional skills as an editor reviewing newsletters, press releases and other marketing materials for our organization.

Girls on the Run helps third- through sixth-grade girls prepare for a lifetime of self-respect and healthy living through health-based teachings and exercise.

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.

At the end of the program, girls are paired up with an adult female mentor (running buddy) and run, jog or walk a non-competitive 5K (3.1 miles) event. For some, completing the 5K is a tremendous challenge.

“I love coaching Girls on the Run,” said Stacie. “Over the years I’ve learned as much from the girls as I hope they have learned from me. Watching each one of them cross the finish line at the finale 5K brings a great amount of joy.”

And for Stacie, she understands first-hand how to challenge herself by pursuing extreme fitness goals while supporting community endeavors at the same time.

Last summer Stacie successfully completed her first triathlon, Barb’s Race, a half-Ironman triathlon that included a 1.2-mile swim, 56-mile bike ride and 13.1-mile run. The event benefited cancer research. In September she participated in the MS Waves to Wine bike ride, a 125-mile, two-day ride that supported Multiple Sclerosis research; she is currently training for her first full marathon in December.

Girls on the Run has been an extraordinary experience, allowing Stacie to grow closer to the girls and herself.

Throughout the 10-week program the girls play games and discuss important topics, such as dealing with body image and the media, understanding the importance of self, resisting peer pressure and learning how to work together in a group.

“Girls on the Run is a great program for girls,” she said. “I often wonder what my life would have been like had I had a program like this when I was growing up!”

To learn more about Girls on the Run or volunteer, visit www.gotrsonomacounty.org.