

Molly Barker, Founder of Girls on the Run, to Speak at A Cool 5 Race Weekend Pasta Dinner

Beech Mountain, NC- Beech Mountain Parks & Recreation Department is proud to announce that Molly Barker, founder of the Girls on the Run organization, will be attending the A Cool 5 Race Weekend as the keynote speaker. Molly Barker, MSW, founded Girls on the Run in Charlotte, North Carolina fifteen years ago. Molly is an elite level athlete, having completed the Hawaii Ironman triathlon four times, and used her background in social work, counseling and teaching, along with research on adolescent issues, to develop the Girls on the Run program. Today, Girls on the Run serves over 70,000 girls each year in over 160 cities throughout North America.

The Girls on the Run organization teaches young women about their value through running. It teaches them to not accept the gender stereotypes that society tries to place, and helps them become strong, independent and beautiful individuals from within.

Molly and Girls on the Run has been featured in a multitude of media outlets including People, Runner's World, Glamour, Self, Shape, Redbook and Woman's Day. She has also authored the books "Girls on Track, A Parent's Guide to Inspiring our Daughters to Achieve a Lifetime of Self-Esteem and Respect", and "Girls Lit from Within" which is geared towards 3rd-8th grade girls.

Beech Mountain is honored to have Molly Barker as the keynote speaker for the Girls on the Run A Cool 5 Pasta Dinner. Molly will not only speak at this year's event, but she will participate as a competitive runner during Saturday's A Cool 5 mile race presented by Appalachian Regional Healthcare System. Molly will certainly be an asset to the weekend's events and is sure to deliver an inspiring message to all participants. For more information regarding Molly Barker, Girls on the Run, to register for the event, or simply find our more information regarding A Cool 5 Race Weekend events, please visit www.acool5.com.



Molly Barker, Founder, Girls on the Run

www.girlsontherun.org