



## **Molly Barker Introduction**

Molly Barker, MSW, founded Girls on the Run in 1996 in Charlotte, North Carolina. A four-time Hawaii Ironman triathlete, she used her background in counseling and teaching, along with research on adolescent issues, to develop the original curriculum. Today, there are Girls on the Run programs in over 151 cities across North America, with tens of thousands of girls and women participating each year.

Molly began running at the age of 15—an age when she found herself stuck in the “girl box,” where only girls who were a certain size with a certain beauty were popular; when girls who wanted to fit in had to mold their bodies and their personalities to fit the requirements of the box. It was from this personal experience that Girls on the Run was born.

Molly has been featured in People, Runner’s World, Glamour, Redbook and Woman’s Day as well as CNN, ESPN, MSNBC, NPR, ABC, CBS and NBC. That’s a lot of letters! She has also authored two 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 specifically for 3<sup>rd</sup> – 8<sup>th</sup> grade girls.

Barker is a positive role model for girls and women of ALL ages. In her free time she enjoys writing, running and cycling, but, above all else, hanging out with Hank and Helen, her children.

Please join me in welcoming Molly Barker!