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Jill Richards/The Arizona Republic
Hair and makeup by Robert Saenz.

Beautiful inside and out

Jan. 11, 2007 12:00 AM

READY TO RUN

Meagan Snedeker, 26, of Scottsdale

Snedeker teaches young girls that they can reach their goals, one mile at a time.

She volunteers with **Girls on the Run**, a national program that helps preteen girls develop self-respect and healthy lifestyles through running.

Having loved to run for as long as she can remember, Snedeker started as a team coach, meeting with a group of girls for 12 weeks in preparation for a big event: the 5K. In each session, she would combine creative workouts with chats about real-life challenges, such as healthful eating, resisting peer pressure and combating stereotypes.

Today, along with being a coach, Snedeker is also the Running Buddies and Team Tiara coordinator for Girls on the Run of Maricopa County. She pairs the girls with Valley volunteers, who encourage and run beside them throughout the race. She also rounds up athletes participating in **P.F. Chang's Rock 'n' Roll Arizona Marathon & 1/2 Marathon** or other races to raise pledges for the organization.

For Snedeker, there's a sense of fulfillment in watching the girls grow, whether or not they cross the finish line.

"I love seeing the change that happens in the girls over the course of the program," she says. "They're comfortable in their own skin, proud of what they can accomplish, proud of who they are."

Get involved: Girls on the Run of Maricopa County is looking for volunteer coaches for the spring season, which starts this month. For more information, contact **Sharon Baltmanis** at (602) 795-6572 or sharon@gotrnc.org. The organization also will be looking for Running Buddies for its 5K Diva Dash on May 5. Visit gotrnc.org/getinvolved.php ([LINK](#)) for opportunities across the Valley.

Snedeker is wearing a Nike long-sleeve, seamless running top with Dri-FIT, \$60, Nike running shorts, \$28, both at Nordstrom, and Nike Shox running shoes, \$100 at Dillard's.

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