



Make a Difference in a Girl's Life this Spring

Volunteer as a Girls on the Run coach and you will make a difference in a girl's life. Our volunteer coaches work directly with 3rd-5th grade girls, leading them through a series of lessons that teach life skills and confidence while preparing them to complete non-competitive 5K. We provide all the training and materials. You *don't have to be a runner*- just be a positive, encouraging, and committed adult who believes in girl power and wants to make a difference!

[Learn More](#)

October 14: Accepting New Site Applications

Bring Girls on the Run to a school or community center near you. We're now accepting new site applications for the spring. Be sure to read over the [new program site information sheet](#) to learn more about the process. **Deadline: October 14th.**



Apply

October 20: Sneaker Soiree

We are now recruiting Table Captains and sponsors for our first ever Sneaker Soiree: An evening of dinner, cocktails, and fun in support of Girls on the Run! Table Captains will share the inspiration of the evening by filling a table (or two!) of 10 with friends and family. A suggested investment of \$250 per person will make it possible to expand our programming in King County. Email Becky Walliman at becky@girlsrun.org to reserve your table today!!



Meet August's Girl Heroes

Our 2016 Super SoleMates!



Since January, our team of 30 amazing and inspiring SoleMates have worked tirelessly towards personal fitness goals, while supporting Girls on the Run of Puget Sound through fundraising efforts... This awesome team has raised over \$21,000 and counting to make sure that Girls on the Run is accessible to all girls in our community. This is our biggest SoleMates season EVER, both in terms of team members and fundraising, and we are incredibly grateful for this group's hard work and dedication to both their running and fundraising goals! Thanks to their efforts, more than 7 full teams (113 girls!) will receive full scholarships during our next season.

Read Full Article

Let's Get Social! Join us on:



Girls on the Run of Puget Sound
(206) 528-2118 | www.girlsrun.org

Girls on the Run of Puget Sound | 1404 East Yesler Way, Seattle, WA 98122

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