



## Sneakers & Cocktail Attire Go Hand in Hand at the Sneaker Soiree!

Lace up your sneakers and don your cocktail attire for our largest fundraising event of the year, the **Sneaker Soiree**! Mark your calendars for **October 5th**, as you won't want to miss this super fun and inspiring evening benefiting Girls on the Run of Puget Sound. Event will include delicious hors d'oeuvres, complimentary wine and craft beer, an exciting live auction, a fantastic program and so much more! Come see the impact our program is having in our community and meet a few of the girls who have been impacted by what we do. With your help, we will continue expanding and growing our program so that 1,900 more King County girls realize their true potential and self worth this coming year!

[Learn More & Register](#)



### Race Volunteers Needed August 13th & 26th

Looking for a fun way to support Girls on the Run? We are in need of volunteers for two upcoming races, the [Lake Union 10K](#) on **Sunday, August 13th** (next Sunday!) and the Seattle Marathon 5K/10K on **Saturday, August 26th**. Both opportunities require only a few hours of your time, come with some great perks and contribute to Girls on the Run's mission of inspiring girls to be joyful, healthy and confident!

Volunteer for Lake Union 10K

Volunteer for Seattle Marathon 5K/10K

### Change Lives as a GOTR Coach *Applications NOW OPEN*

Be the role model you had or wish you had when you were younger! We are now recruiting Girls on the Run coaches to help girls define life on their own terms. As a Girls on the Run coach, you'll work with 1-2 other coaches to implement an easy to follow curriculum which helps girls develop important skills and strategies to navigate life's challenges. No running or previous coaching experience needed, we provide all the training and materials necessary. Learn more and apply below!



Learn More About Coaching 3rd-5th Grade Girls

Learn More About Coaching 6-8th Grade Girls

## Meet August's Girl Heroes

**Energy Cheers and Immense Gratitude to our  
*Remarkable 2017 SoleMates!***



Our SoleMates never cease to amaze us. In very few lifesituations could you put 12 strangers in a van, ask them to run 200 miles over two days and have them support and encourage each other in the most remarkable ways. Stories emerged of SoleMates cheering each other on at all times of the day or night, forming tunnels for teammates finishing tough legs and offering each other nourishment when they needed it most. The way they cheered and championed each other truly embodies the ideals and values of the Girls on the Run program and curriculum. But beyond championing each other, our SoleMates are true champions for our girls and program. Collectively, they've raised close to **\$25,000 for scholarships** next spring. *That's 125 girls that may not have otherwise been able to participate in our transformative girl empowerment program, that will!* From the bottom of our hearts and on behalf of all the girls who you've positively impacted, we thank you.

[View More SoleMate Photos](#)

Let's Get Social! Join us on:



Girls on the Run of Puget Sound  
(206) 528-2118 | [www.girlsrun.org](http://www.girlsrun.org)