



## **New Youth Ambassador Opportunity**

Do you know a girl who loves Girls on the Run and wants to develop public speaking and presentation skills? Girls on the Run PugetSound has established the 2016 GOTR Youth Ambassador program to give current program girls and alum the chance to share their GOTR experience with the wider community and to continue developing their interpersonal and communication tools.

A select number of Youth Ambassadors will be chosen to participate in a variety of exciting media and community engagement opportunities. Opportunities include: sharing your story for recruitment videos; visiting current and potential Girls on the Run sites; participating in coach training activities; attending Girls on the Run fundraising events; and many more! We will also be highlighting GOTR Ambassador stories on our website, blog and social media outlets. **Applications due Friday, July 29th at 5:00pm. [Learn more...](#)**

Apply

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**July 18-27:  
Join us at Middle School Camp!**

We have a few spots left in Heart &

Sole middle school camp, **July 18-27th** at Bastyr University. During this camp, girls from different schools and backgrounds will unite to build the skills and tools necessary to be healthy, confident & joyful throughout middle school and beyond. Cost of camp: \$185. Scholarships available! [Learn more...](#)



Register a Girl

### August 14 & 27: Race Volunteers Needed

Looking for a way to give back this summer? We've got just the opportunities for you! We're in need of 25 volunteers for two upcoming 10K's in August. Volunteers will join GOTR staff in assisting with registration or water stops at one or both of these fun local races, with Girls on the Run benefitting monetarily or in-kind as a result. Thanks in advance for your help!



Sign Up

## Meet July's Girl Heroes

### The Mod Squad!



Our July girl heroes are the members of the ultra-cool Modisette Family! Not only

will you find this fun and crazy crew at nearly every Girls on the Run event, but they are among the first to volunteer or lend a helping hand when needed. From bowling to GOTR for Grown-Ups to volunteering for the 5K and auction, there's no limit to the support they provide our program and girls. And they forever do so with the most joyful and positive attitude. We can't thank them enough for their generosity and helping us empower girls through their volunteerism.

If you would like to join the Mods in generously donating your time to support girls in our community, please consider signing up for one of our [upcoming volunteer opportunities](#). Who knows? You may even see the Mod there!

Volunteer with GOTR

Let's Get Social! Join us on:



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

Connect with us



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

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