



## Join Girls on the Run at Seahawks Training Camps!

Do you love Girls on the Run AND the Seattle Seahawks? We are thrilled to announce that Girls on the Run has been selected as a Junior Partner for the Seahawks Spirit of 12 Program! As a Junior Partner, we've been invited to sell team yearbooks at Seahawks Training Camps in late July and early August, with all proceeds benefiting Girls on the Run. In order to raise the most possible funds to continue growing our transformational girl empowerment program, we're gathering a team of superstar volunteers to represent GOTR and help sell yearbooks at select Seahawks training camps. If you'd like to experience the excitement of Seahawks pre-season and support scholarships for Girls on the Run program participants, we'd love to have you [join us!](#) No prior sales experience necessary – all volunteers will be trained on-site. Learn more and Sign-Up for this awesome volunteer opportunity below!

[Learn More & Sign Up](#)

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### Save the Date! October 5th: Sneaker Soiree

Save the date for our annual auction event, the Sneaker Soiree, on **October 5th** and help us give girls the skills and confidence they need to be successful! This fun and spirited evening will include delicious hors d'oeuvres, complimentary wine and beer, an exciting live auction, and an inspiring program to

supportGirls on the Run of Puget Sound.  
And yes...sneakers are encouraged!



Reserve Your Ticket

### We're Growing! NOW Hiring Event Coordinator

Are you passionate about empowering girls to be joyful, healthy and confident? Do you consider yourself super organized, detail oriented and LOVE planning events? If you answered yes to the above questions, you may be a great fit for our team! We're seeking a part-time Event Coordinator to work with our Development Director in creating and implementing fun and inspiring events that enable us to grow and reach more girls in the community. Interested? Click below to learn more!



Join Our Team

### Lake Union 10K August 13th

How often do you end a volunteer shift with a yummy french toast breakfast from Portage Bay Cafe and free technical shirt? Sign up as a Girls on the Run volunteer at the [Lake Union 10K](#) and you'll do just that. Not only will you leave with a happy belly, but since GOTR is the beneficiary of this awesome race, you'll leave with a happy heart as well!



Volunteer

## Meet July's Girl Heroes

## Our Amazing Team of Girl Ambassadors!



Our July Girl Heroes are our super fun, energetic, smart (the list could go on and on...) team of Youth Ambassadors! One of our favorite new initiatives from last year was the formation of a group of past participants who serve as Youth Ambassadors for Girls on the Run of Puget Sound. The Youth Ambassador program gives both current program participants and alumnae the chance to share their GOTR experience with the wider community, while continuing to develop their interpersonal and communication skills.

[Read More](#)

Let's Get Social! Join us on:



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