



## Empowering Girls has NEVER been more Important

We're more impassioned and invigorated than ever. We want every girl to know she can rise to any challenge, embrace who she is, define who she wants to be and change the world. Empowering girls to believe in themselves has never been more relevant or important than it is *today*.

Girls on the Run of Puget Sound has **BIG** goals for spring 2017, but we need your help! We're on a mission to *expand our program to 43 new teams*, bringing our life-changing, confidence boosting curriculum to brand new girls and communities. This growth will mean that 645 additional girls will be receiving empowering messages this spring. We seek to ensure that all King County girls have the skills and confidence necessary to pursue any goal, whether it be finishing a 5K or being president of the United States.

In order to make this goal a reality, we need the help of generous donors like you. Please consider making a [year-end donation](#) to our **#Fund43 campaign**. Your thoughtful gift will enable us to increase access and expand our programming for our biggest season ever in the Spring of 2017.

Thank you for ensuring that Puget Sound girls learn that they *can*. No limits. No constraints. Only opportunities to be remarkable.

Donate for Stronger Girls

**November 21:  
Coach Deadline Extended!**

We are *60 coaches short* from being able to empower 1,450 girls this spring. Sign up to coach and help us ensure all girls who wish to participate in our program can do so. Coaches volunteer with 1-2 other coaches and work with a team of 15 girls. We provide all the lessons, materials and training necessary to inspire your team of girls to have self-respect and live healthy lifestyles.



[Learn More & Apply](#)

**November 26  
Seattle Kids Marathon**

Looking for something fun & meaningful to do with the family the weekend after Thanksgiving? Consider volunteering with us at the [Seattle Kids Marathon](#) on Sat, Nov. 26th! Volunteers will hand out t-shirts, space blankets and water to kid finishers. This opportunity allows us to support Girls on the Run sponsor, the Seattle Marathon, and encourages kids to be active. Sign up below!



[Sign Up to Volunteer](#)

**This Holiday Season & Beyond!**

Give your shopping meaning this holiday season by purchases through Amazon smile. Simply shop Amazon via the [GOTR link](#) and Amazon will donate .5% of your purchases to help us empower girls right here in King County. You'll use your Amazon account to shop and amazon will donate. It's simple, effective and costs you nothing!



## Meet November's Girl Hero

### Super Star Site Liaison, Susan Shorr!



Few women are more dedicated to ensuring girls at their school feel confident and strong than standout Site Liaison, Susan Shorr, from John Muir Elementary. Site Liaisons like Susan facilitate the smooth implementation of the Girls on the Run program by serving as a link between coaches, participants, parents and the organization. To say that Susan has gone above and beyond is an understatement.

[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)

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

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