



## You're Invited to a Night of Cocktails & Fun!

The inaugural **Girls on the Run Sneaker Soiree** is just around the corner! On **Thursday, October 20th**, join us for dinner, cocktails, and fun to celebrate the success and secure the future of Girls on the Run of Puget Sound. Featured speakers Elizabeth Kunz, CEO of Girls on the Run International, and Jeanne Higgins, founder of Girls on the Run of Puget Sound, will share their stories and thoughts on the "state of the girl" in the United States.

Unable to attend? Please consider making a donation to help us expand our program instead! This fall, we're on a mission to **FUND 43 NEW GOTR TEAMS** in the Spring 2017 Season. We won't be able to do this without the support of our community. You can donate online [HERE](#).

Learn More & Join Us!

---

### October 28th: 215 More Coaches Needed

Please help us spread the word! We are **still in need of 215 more coaches** for the spring. Coach training will take place this fall so we need to

onboard coaches as soon as possible. If you know of anyone who would like to inspire girls to think for themselves and live healthy positive lives, please encourage them [to apply!](#) *Coach applications due October 28th.*



[Learn More](#)

## November 26: Seattle Kids Marathon

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



# KIDS MARATHON

[Sign Up to Volunteer](#)

## Meet October's Girl Heroes

### Our Remarkable Girls on the Run Volunteers!



This month's Girl Heroes are ALL the wonderful volunteers that make Girls on the

Run possible! So, how many amazing volunteers are we talking about? Each year, we rely on over 2,000 volunteers to ensure our program is successful and our girls receive empowering messages. From coaches who work tirelessly empowering their teams of girls to site liaisons who help coordinate the logistics of the program at their site to Running Buddies who inspire the girls to reach the finish line at the 5k; we owe a tremendous amount to our volunteers. Although we don't thank all these amazing and generous folks enough, we couldn't be more grateful for their time, support and dedication to ensuring King County girls know their true potential and self-worth.

[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

[Unsubscribe](#)

[Update Profile](#) | [About our service provider](#)

Sent by [genny@girlsrun.org](mailto:genny@girlsrun.org) in collaboration with

**Constant Contact** 

Try it free today