



## Will You Help Girls Be Strong and Confident?

Many of us can remember feeling shaky, unsure and not super confident as youth. At Girls on the Run we're on a mission to change how girls view themselves. If you would like to help empower girls to believe in themselves, consider signing up to be a coach this spring! Time commitment is 5 hours each week, for 10 weeks. You will work alongside at least one other coach, sharing confidence boosting and empowering lessons with your team of girls. We provide all training, materials, and curriculum. You simply familiarize yourself with the lessons and bring them to life for your team. **Deadline to apply is October 28th!**

[Learn More](#)

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### September 24: Eileen Fisher Charity Event

In need of a closet refresh for the fall? Shop at any [Eileen Fisher](#) store on September 24th and not only will you receive \$30 off any purchase, but you'll be supporting Girls on the Run! Girls on

the Run staff and program participants will be making appearances at stores thanking shoppers for their support - hope to see you there!

EILEEN FISHER

## The Fall Event SEPTEMBER 24

\$30 off your purchase  
10% of event-day proceeds will be donated to Girls on the Run.



## October 20: Sneaker Soiree

We are now recruiting Table Captains, sponsors and individual attendees for our first ever Sneaker Soiree: an evening of dinner, cocktails, and fun in support of Girls on the Run! Table Captains will share the inspiration of the evening by filling a table (or two!) of 10 with friends and family. A suggested investment of \$250 per person will make it possible to expand our programming in King County. Email Becky Walliman at [becky@girlsrun.org](mailto:becky@girlsrun.org) to reserve your table today!!



Thursday, October 20, 2016  
Hall at Fauntleroy, West Seattle  
6:00-8:30pm

Featuring: Girls on the Run CEO, Elizabeth Kunz  
GOTR Puget Sound Founder, Jeannie Higgins

Your \$250 Donation Funds a New Team

Dress: Semi-formal/cocktail  
Sneakers encouraged!

RSVP: BECKY WALLIMAN  
[BECKY@GIRLSRUN.ORG](mailto:BECKY@GIRLSRUN.ORG)  
LEARN MORE: [GIRLSRUN.ORG](http://GIRLSRUN.ORG)



Learn More

## Fall 2016: Searching for SoleMates

Take 3.1 miles to the next level! Whether you're training for your first 5k ever or looking to set a PR in the distance, we want YOU to be a SoleMate this fall! As part of the SoleMates team, you'll raise money to support scholarships for girls in our program while training for your goal race. **Learn more and discover the benefits of being a SoleMate!**

Email [becky@girlsrun.org](mailto:becky@girlsrun.org) with questions!



## Meet September's Girl Heroes

## Jeff & Laura from 5Focus!



Not many people can say they have empowered hundreds of Puget Sound girls, but this month's Girl Heroes, Laura and Jeff Robinson from [5Focus](#) are nothing short of amazing. In 2009, Laura and Jeff Robinson created the Lake Union 10K and named Girls on the Run the beneficiary of the race. The race had 600 runners and was a big hit its very first year. In 2015, the Lake Union 10K was named a "must run" Seattle 10K by Run Guides Magazine.

[Read More](#)

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(206) 528-2118 | [www.girlsrun.org](http://www.girlsrun.org)

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