



## ***New Study Affirms GOTR Changes Lives!***

We've heard it countless times from our girls, parents and coaches, but now there's proof that Girls on the Run is making a significant impact on the lives of girls in our communities! The study, conducted by Dr. Maureen R. Weiss, a leading expert on youth development from the University of Minnesota, differentiates Girls on the Run from other physical education programs and provides compelling evidence that the program is making a lasting and transformative impact on the lives of girls far beyond the end of the 10 week program. Results of the study suggest that it is a combination of the program's research-based curriculum, uniquely trained coaches and a commitment to serve all types of girls that sets Girls on the Run apart from other after-school programs.

Kerin Brasch, Executive Director of GOTR Puget Sound, reflects on the impact of the study: *"This new study provides powerful evidence that participation in Girls on the Run leads to positive changes that empower girls for a lifetime."*

Read and see more details about this important research below!

[Read More](#)

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***Don't Miss Out!***  
**Sneaker Soiree: October 5th**

Tickets are limited and **selling out fast** for our signature fundraising event of the year, the **Sneaker Soiree!** You won't want to miss your chance to give Puget Sound



girls the confidence and skills they need to be successful in life. Evening will include delicious hors d'oeuvres, local craft beer & wine, an exciting wine pull, great auction packages and mingling with former GOTR girls. With your support, our program will allow more than 1,900 girls to participate this spring!

[Learn More & Buy Tickets](#)

### **A Team of Girls Needs YOU! Now Accepting Applications**

You don't have to be a runner or have previous coaching experience to make a difference in a girl's life! Any woman who lives a healthy life and is committed to improving the life of girls can be a Girls on the Run Coach. We provide you with curriculum, training, materials and support; you commit to meeting with, guiding and supporting a group of girls (with at least one other co-coach) twice a week for ten weeks. It's a fantastic opportunity to make a lasting difference in our community and ensure all girls have a positive and encouraging woman to look up to. What are you waiting for? Sign up to change lives this spring!



[Learn More About Coaching 3rd-5th Grade Girls](#)

[Learn More About Coaching 6-8th Grade Girls](#)

## **Meet September's Girl Hero**

**Girl Champion & Long Time Girls on the Run Sponsor,  
Virginia Mason!**



This month, we are honored to highlight one of our longest and biggest girl advocates, [Virginia Mason](#)! Virginia Mason has supported Girls on the Run in countless ways, donating scholarship funds for girls in need, providing emergency kits to keep girls safe during practice and encouraging employees to volunteer as GOTR coaches, Running Buddies and 5K Volunteers. But their generosity doesn't end there! This year, Virginia Mason has *once again* offered to match paddle raise donations at the \$2,500 level at our signature fundraising event of the year, the [Sneaker Soiree](#), on **October 5<sup>th</sup>**. As part of their support of the event, they have also donated a Sounders Suite for the "Girls on the Run" night live auction package. Register for the Sneaker Soiree today for your chance to bid on this awesome package and score one, two or more tickets to watch the Sounders play live in premium box seats with friends!

[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)