



[www.diakon.org/gotr](http://www.diakon.org/gotr)

# The Girls on the Run Mile Marker

more than a running program.

presented by Diakon Family Life Services

December 2010 edition

## Jingle Bell 5k!

On December 4th thirty one girls from Orefield, South Mountain, and Springhouse middle schools jingled to the finish line of their first 5k at the Jingle Bell 5k hosted by the Lehigh Valley Arthritis Foundation. This was the celebratory event for GOTR-LC's inaugural GOT season where over the course of ten weeks the participants in 6th—8th grade learned a wide variety of life skill lessons that are especially important to middle school girls while training physically to complete a non-competitive 5k run/walk. The girls ran alongside volunteer Running Buddies from the community who served as their girls personal cheerleaders for the 3.1 mile event. There was even a surprise buddy who drove all way from Boston to surprise her niece the morning of the race! Prior to the race start, the girls, buddies and coaches got ready for the event by spray painting their hair festive colors, picking out antlers, and applying GOTR "tattoos". The girls and buddies truly did jingle all the way to the finish line as red and green bells added to running sneakers were the finishing touch to the runners race outfits. All the girls were beaming with pride as they crossed the finish line so proud of accomplishing their goal. The girls were greeted by even prouder coaches and family members who were waiting at the finish line where they received their medals. Thank you to everyone who volunteered and helped make this day so memorable for the girls!

## Donor Highlights

We are thankful for the continued support of:

Highmark Healthy High 5  
Breakfast Club Runners,  
Phillipsburg  
Jocelyn Bellew  
Ellen Bishop  
Jessica Bowman  
Amy Cook & Family  
Sarah Festa  
Wendy Gunkel  
Julie Handy  
Jean & James Henshaw  
Karen Johnson  
Melissa Kaye  
Lisa Kelly

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Would you like to help motivate and inspire young girls in our community? We are in need of fabulous women just like YOU to help lead GOTR teams for the Spring 2011 season. No running experience is needed—just a desire to make a positive impact in the lives of girls. We provide you with training and everything you need to be a successful GOTR coach! Check our website [www.diakon.org/gotr](http://www.diakon.org/gotr) or contact Samantha at [schnecks@diakon.org](mailto:schnecks@diakon.org) and 888.499.2699 for more info!



At left: "Surprise" Running Buddy, Karen poses with her niece, Faith. Karen drove from Boston Faith the morning of the race to surprise her niece!



Springhouse Girls on Track participant, Anushka, smiles with her Running Buddy, Monica after they cross the finish line.



Coach Tracey, Liz, Coach Diane and Coach Deb from the Orefield Middle School team



and Girls on the Run of Lehigh County thanks their awesome 2010 sponsors:

Our Legacy Partner:



The Century Fund Trust



Made possible through funding provided by





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Monica Klamon  
 Diane Lint  
 Tara Miller  
 Missy Klingenberg  
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 Madeline Degrace  
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 Lori Pinkerton  
 Carol Powers

Carrie Stromski  
 Erica Potocnie  
 Shalynda Morton  
 Amanda Grant  
 Sandy Youngleman

Thank You!



## Want to use the power of running to make a difference in the life of a girl?

Join **Girls on the Run SoleMates** our charity running program. We are a team of male and female athletes who participate in any running, walking or biking event of your choice while raising money to help support Girls on the Run of Lehigh County. We support you doing any event at any distance!

Support for SoleMates athletes includes:

- A low \$262 fundraising minimum and an easy online registration process
- Exclusive SoleMates technical t-shirt upon registration through GOTR
- Premiums from GOTR SoleMates sponsors
- Incentive prizes for participants reaching & exceeding fundraising minimums.
- Simple online fundraising through Active.com makes donating easy!
- Inspirational emails from Girls on the Run to keep you motivated
- Extra motivation of running for a reason – **to change the lives of girls!**



For more information please go to [www.girlsontherunsolemates.org](http://www.girlsontherunsolemates.org) or contact Samantha at [schnecks@diakon.org](mailto:schnecks@diakon.org) or 610-682-1547. Check out our team page! Copy and paste this address into your browser: <http://www.active.com/donate/SoleMates2011/gotrlehigh>

**DIAKON** FAMILY LIFE SERVICES and Girls on the Run of Lehigh County thanks their **awesome** 2010 sponsors:

Our Legacy Partner:



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