



# The Girls on the Run Mile Marker

more than a running program.

presented by Diakon Family Life Services

April 2011

## We've Come a Long Way, Baby!

*Girls on the Run of Lehigh County turns four years old*

It is truly amazing how fast time flies with the Girls on the Run program. Just four short years ago, in the Spring of 2007, starting Girls on the Run of Lehigh County was merely an idea of Diakon Family Life Services staff members. GOTRLC started with one team of twelve girls at Jefferson Elementary, Allentown. Although I wasn't around when the program "officially" started (I didn't join the Girls on the Run "family" until Oct. 2008,) I am still *amazed* at the growth of the program in such a relatively short amount of time. We have grown from one site in Allentown School District to eleven sites in ASD. In addition, we are now in five school districts, offer community sites, a summer program and have added the equally popular Girls on Track program for middle school girls to our programming. This season alone we are on track to serve 250 girls!

Four years and almost nine seasons later, we have served over 1,000 girls from Allentown and surrounding areas. This is 1,000 girls that have not only accomplished their goal of completing a non-competitive 5k but inwardly they have accomplished so much more! They have graduated from the program as confident young women, capable of appreciating their uniqueness and celebrating who they are.

This program not only affects the participants but also their families, community, school staff, and volunteers, just to name a few. Thanks to your support we are able to continue the fun, stay true to our mission and serve our community to help shape the young ladies of our future.

Samantha Schneck  
Council Director



The first GOTRLC team practices at Jefferson, Allentown, Spring 2007.

### Spring 2011 Teams...

- Dodd, ASD
- Jefferson, ASD
- Jefferson, EPSD
- Jordan UCC
- Lincoln, EPSD
- Macungie, EPSD
- McKinley, ASD
- Muhlenberg, ASD
- Parkway Manor, PSD
- Ramos, ASD
- Roosevelt, ASD
- Saucon Park
- Sheridan, ASD
- Shoemaker, EPSD
- Springhouse, PSD
- The Swain School
- Union Terrace, ASD
- Washington, ASD
- Weisenberg, NWSD

### Coach's Corner—Kasie Seymour



I am currently the head coach at Upper Saucon Township Community park. My two year old daughter (a future Girl on the Run!) keeps me more active than anything else - she is always on the go! I love anything that gets me outdoors, reading, knitting, volunteering and (of course) running!

I initially learned about Girls on the Run through an article in Runner's World magazine. I got on the website and it turned out GOTR was just starting in Lehigh County. I volunteered as a Running Buddy the first two seasons and I've been coaching ever since. This will be my sixth season coaching GOTR and I look forward to it every season. I was initially attracted to the program because it just sounded like such a great idea. A program that gets the girls moving, while teaching them life skills

about emotional and physical health. What could be better? It really resonated with me and it was something I really wanted to be a part of.

There are so many things I enjoy about the program. I love being able to help teach the girls the tools they need to help them make good life decisions - now, through their teen years, and really, throughout their whole lives. The lessons may be geared toward their ages now, but the basic ideas are things they can take with them

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## Coach's Corner—Kasie Seymour (continued from page 1)

forever. I love when the girls rally together. Whether it's at practice and they are encouraging their teammates, or at the 5K when girls from different teams gather and cheer on those who are still running. No one has to tell them to do that. It's just something that happens naturally. I think that's something really wonderful.

I keep coming back to Girls

on the Run because I know that I am making a difference. Each girl is unique and takes away different things from the program, but they all seem to have fun and get something out of the experience, and I find that very rewarding.

I'm so grateful to our sponsors, to all the volunteers, and staff for all the hard work you do to make this program

happen. It's been amazing to watch the program grow over the past eight seasons.

For information on how you can be involved as a coach please visit our website:  
[www.diakon.org/gotr](http://www.diakon.org/gotr)

## New Balance Girls on the Run 5k!



It's that time again! The Spring 2011 season will culminate with the 4th Annual **New Balance Girls on the Run 5k**, the "main event" for 19 teams participating in GOTR program. The event is the participants' time to shine as they complete the non-competitive run/walk for which they have been training all season. The 5k will take place **Thursday, June 2, in the Lehigh Parkway, Allentown**. The race start time is 6:15pm.

Volunteers are needed to help make the day one the girls won't soon forget. Each of the 250 3rd-5th grade participants will be paired with an adult volunteer Running Buddy from the community. Other non-running volunteer opportunities are available. For more information or to register to volunteer, please visit the Lehigh County page at [www.diakon.org/gotr](http://www.diakon.org/gotr) and click on the 5k icon on the left hand side or contact Samantha at [schnecks@diakon.org](mailto:schnecks@diakon.org).

## Kudos to....

Nicole Sexton, Stella & Dot Independent stylist for her generous donation. Nicole hosted a party and donated all of her commissions, nearly \$250 to GOTRLC! Please visit her store to see all her fabulous jewelry!  
[www.stelladot.com/poshpieces](http://www.stelladot.com/poshpieces)



## 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.girlsontherunsollemates.org](http://www.girlsontherunsollemates.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** 2011 sponsors:

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