



www.diakon.org/gotr

The Girls on the Run Mile Marker

more than a running program.

presented by Diakon Family Life Services

September 2010 edition

Girls on Track is back!



Girls on the Run of Lehigh County and Diakon Family Life Services are proud to offer an expanded Girls on Track program for the Fall 2010 season. For those who don't know, Girls on Track is the sister program to Girls on the Run. It is specifically designed for middle school girls in 6th—8th grade. South Mountain Middle School has returned for their third season. They are joined by Orefield Middle School and Springhouse Middle School. A bigger than ever Girls on the Run season for 3rd—5th grade girls will be offered in Spring 2011. Please check our website (www.diakon.org/gotr) and newsletter after the new year for available program locations.

Please contact the Council Director, Samantha Schneck, with any questions at schnecks@diakon.org and 888.499.2699.

Announcing a new partnership!



Girls on the Run of Lehigh County is partnering with the Arthritis Foundation at the 17th annual 2010 Jingle Bell 5k at Northampton County Community College on December 4th. This

event will serve as the culminating event of the Fall 2010 Girls on Track program. Each Girls on Track participants will be paired with a volunteer running buddy. This season we will have approximately 30 Running Buddy spots available. **As in the past, RB registration is on a first come first served basis and RB registration will only be available on the GOTRLC website** (www.diakon.org/gotr). You will receive an email when registration is open. Again we will have 30 spots available for the December 4th Jingle Bell race. Good News! Spring 2011 we will have our **largest** Girls on the Run season yet with 19 teams! We will need LOTS of Running Buddies! So please consider volunteering for the Spring New Balance GOTR 5k.

You can register for the Jingle Bell run/walk (without signing up to be a Running Buddy) on their website: www.jbrlv.kintera.org

Women's 5k Classic Expo



Girls on the Run will be at the Women's 5k Classic Expo at Cedar Crest College on October 15th. Be sure to stop by and say hello. Thank you to the Women's 5k your continued support. Good luck to all the women participating in the event on Saturday!

Fall 2010 Coaches

The following fabulous women are serving as coaches this season. Each are volunteering their time, one or two days per week, to mentor a team of 6th-8th grade girls. We are able to offer the Girls on Track program because of their dedication!

- Alaina Prall
- Alyssa Mierta
- Diane Nolfe
- Jackie Morris
- Kathleen Wojciechowski
- Rita Darragh-Connors
- Robin Derkacs
- Tracy Hartenstine

We're on facebook!

If you're a facebook user, stay in touch with us! Join the group [Girls on the Run of Lehigh County](#).

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SoleMates Charity Running Team

SoleMates is the charity running leg of Girls on the Run of Lehigh County. We are a team of male and female athletes with individual goals, such as participating in a walking, running or biking event, while raising funds for GOTR. Joining SoleMates is a great way to make a difference for Girls on the Run of Lehigh County. With your support, the message of health and wellness that GOTR brings will continue to grow! Please visit www.girlsontherunsolemates.com for more information and www.active.com/donate/SoleMates2011/gotrlehigh to visit our local fundraising page.

Thank to our 2010 SoleMates Team who collectively fundraised \$2,901.10. And to 2011 SoleMate Amisa Dacey for already raising \$350 for GOTRLC!



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

Our Legacy Partner:



The Century Fund Trust

