



# The Girls on the Run Mile Marker

more than a running program.

presented by Diakon Family Life Services

January 2008 edition

## Twenty-eight girls cross the finish line!

To describe race day as "crisp" would be putting it mildly, but 28 girls brought their warmth, energy and enthusiasm (and perhaps a few butterflies) to Saucon Park in Hellertown on November 11th to celebrate the completion of the Fall 2007 season by participating in the Lehigh Valley Road Runner's South Mountain 5K (and 10 Miller, for more adventurous folks!). Family, friends, and even strangers cheered for the girls as they approached the finish line to receive their medals. Special thanks to LVRR for their continued support of GOTR, and for waiving registration fees for the girls. They certainly made it a morning to remember for the girls.

And thanks also to our wonderful volunteer coaches and running buddies who contributed time and energies to GOTR of Lehigh County; overwhelmingly, participants and their parents praised the women who gave so much of themselves to make a life-long impact on our girls.

## Women's 5K Classic's Health Expo grants Girls on the Run its debut

The Women's 5K Classic, a major supporter (both financially and otherwise) of GOTR of Lehigh County since its inception, graciously donated a sought-after spot at their hugely successful Health Expo that precedes the race held annually the second weekend of October. Because of the race's major appeal to the female running community in the Lehigh Valley and beyond, the exposure was exceptional and we gained many contacts for program sites, volunteers, and interested community members. Thanks W5K Classic!

*"My daughter has expressed joy and confidence.  
We are all so proud of her achievement."*

-Kayleen's mom



GOTR participants hand out water to grateful Women's 5K Classic runners.



The teams from Jefferson and Union Terrace Elementary Schools (Allentown) and Calypso Elementary (Bethlehem) celebrate their 5K feat!

## Donor Highlights

GOTR gratefully acknowledges the following contributions:

Susquhanna Bank

In honor of...

The Jefferson Elem. GOTR Fall 2007 team

*by Christine Rocca, volunteer coach*

MaryEllen Dickey

*by the Diakon Advancement Dept.*

Bart & Laura Yasso

*by Anne Marie Crown*

Nancy & Greg Falkenbach

*by Anne Marie Crown*



GOTR participant Kayleen Gonzalez with Runny Buddy Julie Plessl at the South Mtn. 5K finish line.

## GOTR teams volunteer and experience a 5K

Program participants, both current and graduates, volunteered at the Women's 5k Classic, based locally in Allentown, on October 13th of last year. Proudly celebrating its 15<sup>th</sup> year, the race is the 4<sup>th</sup> largest timed all-female 5K race in the nation. Girls representing our Fall and Spring 2007 teams, and their families, coaches and other GOTR volunteers staffed a water station along the course, and were able to get a feel for the excitement of a 5K event, while supporting a great cause, the promotion of women's health and the prevention of breast cancer. Thanks everyone!

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Questions or comments? E-mail us at [eichmank@diakon.org](mailto:eichmank@diakon.org) or call 1.888.499.2699.

Girls on the Run of Lehigh County thanks their awesome 2008 sponsors:

