



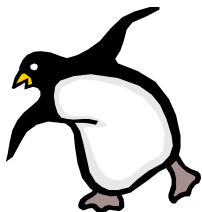
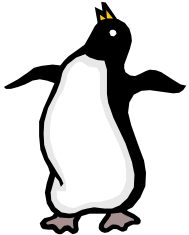
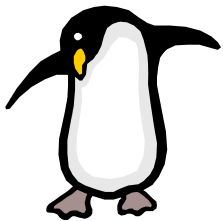
## Girls on the Run Newsletter February 2008

Happy New Year!  
The Diakon Family Life Services staff wishes you a healthy and happy 2008!  
New this year: Watch for the introduction of a GOTR website for Central PA.

### GOTR Summit

By Michelle McElwee, LSW

The new year began with a flurry of activity for Girls on the Run staff. The annual summit occurred on January 7-9, 2008, in San Diego, California. A wealth of information was shared about the importance of fundraising, hosting a 5K, and partnering with Team Tiara, their charity running program for adults. Traveling continued to North Carolina on January 28-30, 2008, for a Council Director's training. Time was actually spent with Molly Barker, founder of GOTR, learning about the curriculum. Her passion and excitement were infectious and inspiring. The GOTR spirit is now imbedded in my heart. I am hopeful that GOTR will experience new levels of growth in 2008.



### Interested in Helping Girls Reach Their Potential? Volunteers are Needed!

If it weren't for our dedicated volunteers, Family Life Services would not be able to provide GOTR for the benefit of girls in our area school districts. We thank our coaches and other volunteers and we hope for new helpers in the new year! The mission of GOTR is to educate and prepare girls for a lifetime of self-respect and healthy living. Diakon is planning to start a Girls on the Run Advisory Board. We are seeking individuals who support the philosophy of GOTR and are interested in being actively involved in its success.  
**To find out how you can help, contact**  
**Diakon Family Life Services**  
**at 322-7873!**

### South Williamsport HS Starting Girls on Track

On January 28th, eight South Williamsport students in 6th-8th began a "Girls on Track" program. The next step up from Girls on the Run, the participants will spend 6 weeks further developing their healthy habits and lifestyles.

**GIRLS ON THE RUN IS SO MUCH FUN!!!**

