



www.diakon.org/gotr

The Girls on the Run Mile Marker

more than a running program.

presented by Diakon Family Life Services

December 2009 edition

Fall 2009 5k!

On Saturday, November 14th, the Fall 2009 participants of the Girls on the Run program had their chance to shine at the New Balance Girls on the Run 5k. The non-competitive race, held at Upper Saucon Township Community Park, gave the girls an opportunity to reach their goal of finishing a 5k for which they have been preparing for all season. After meeting their buddies, the pairs got ready for the race at the Goody Happy Hair and tattoo station. After a pre-race warm up led by team members and coaches from Sheridan Elementary the girls were ready to run! Eighty-two girls ran along side their volunteer running buddies and were motivated all along the race course by cheering family, spectators, and volunteers. After completing the 3.1 miles girls were greeted at the finish line by proud their proud coaches to receive their well deserved medal. During the closing ceremony, Felicia Britto, from Union Terrace Elementary won the drawing for a duffle bag and a new pair of New Balance running shoes. Congratulations Felicia!

Girls on the Run of Lehigh County would like to thank the 170 volunteers who donated their time, goods, services and monetary donations to help make the day so special for our girls. We are very thankful for your continued support because without you our event and organization would not be possible.

Volunteer Coaches are needed for our Spring 2010 season. Contact Samantha at schnecks@diakon.org for more info!

Girls on Track gives back to the community!

The South Mountain Middle School Girls on Track team, as part of the community service lesson included in the Girls on Track curriculum, organized a school-wide food drive for Second Harvest Food Bank. The girls collected 791 pounds of food that was delivered to Second Harvest in time for Thanksgiving. WOW!! Way to go SMMS Girls on Track team!



Fall 2009 South Mountain Middle School team

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

Join **Girls on the Run SoleMates** (formerly Team Tiara), 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!
- Potential for participation in "in person" group training runs (coordinated among the team members)
- 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 or contact Samantha at schnecks@diakon.org or 610-682-1547.



www.diakon.org/gotr

and Girls on the Run of Lehigh County thanks their awesome 2009 sponsors:

Our Legacy Partner:



The Century Fund Trust



To remove your name from our mailing list, or for questions please email gotrlehigh@diakon.org or call 888-499-2699.



www.diakon.org/gotr

The Girls on the Run Mile Marker

more than a running program.

presented by Diakon Family Life Services

December 2009 edition

Donor Highlights

We are thankful for the continued support of:

Peg Albert
Bethany Allen
Karen Amato
Melissa Androu
Tom & Betsy Austin
Anonymous
Jennifer Balbi
Michelle Balbi
Wendy Barnes
Joie L. Barry
Todd S. Bechtel
Patricia Bittner
Diane L. Bloch
Stephanie Bojarski
Anne Bork
Marcia Breting
Beata Bujalska
Cecil C. Chappelow
Peter A. Cheplick
Stacy Confer
Betsy A. Daly
Melissa Danner

Susan Deibert
Rhonda Clymer Dietz
Molly Driscoll
Jacqueline Dziadosz
Samantha Eddy
Jason Fabozzi
Kenneth & Roselee Feinour
Debra Gaffey
Yvonne Galea
Christopher Goodolf
Amanda Grant
Jason Grear
Kathleen M. Heffelfinger
Rachel Heilman
Deborah Hill
Jessica Hughes
Julie Hughes
Sabrina Jedlicka
Megan A. Jenkins
Laura Karetos
John Knoebel
Robert M. Kraus
Salena Labenberg
Pam Lott

Lehigh Valley Educators
Credit Union
Dawn Malesky
Karen Moffat
Andrea Moriarty
Paul M. Moriarty
Myron R. Haydt
Development, Inc.
Jennifer Nagle
Susan Natiello
Laura M. Nelson
Norman Nowak
Melissa M. Oswald
Anthony P. Pagotto
Paula Parker
Carly Patterson
Lisa Pawlowski
Rose Perrelli
Lori Pinkerton
Erica Potocnie
Jennifer Priestas
Nicki Reimert
JoEllen Rooney
Marissa Rotz
Scott R. Rowlands

Heidi Schiavone
Bonnie Scott
Gabrielle Seiger
Alicia Shelkin
Michelle L. Sheridan
Brian Sherry
Stephanie Sherry
Glenn M. Short
Melissa Smith
Matthew Stephens
Bonnie Stickel
Cari Stromski
Walter & Elizabeth Sweedo
Nancy Teichman
Phillip A. Turton
Unity of Lehigh Valley
Virginia Vidoni
Heather Walke
Vicki Warminsky
Laura Warmkessel
Maryellen Watson
Patricia Will
John Zdon



"Jordy has really enjoyed making new friends & the exercise associated with GOTR. It has inspired her to want to be more physically active and she has shared with her family the things that she learned in GOTR...things we have never discussed before. Such as body image, the media's influence on my child and her recognition/perception of the media. It was a great way for me to connect with her and strengthen her values. Thank you for a well rounded program incorporating the mind, body and spirit of these young, impressionable girls!"
- Tracy Gemberling, Jordy's Mom (Jefferson Elementary School, Allentown)



www.diakon.org/gotr

and Girls on the Run of Lehigh County thanks their awesome 2009 sponsors:

Our Legacy Partner:



The Century Fund Trust

