



# GOTR-Milwaukee Newsletter

April, 2011

## Letter From the Council Director

Hello Friends of Girls On the Run!

I am thrilled to present you with our first edition of the GOTR of Greater Milwaukee newsletter! Each quarter we will bring you the latest updates about our chapter, information about upcoming events and volunteer opportunities, and personal stories from our girls and people who are working hard to make GOTR a success here in the Milwaukee Metro area. This newsletter is one more example of how we are growing, and we look forward to bringing you more great stories about GOTR with each newsletter!

Our Spring season is in full swing, and our chapter has been busy planning our Spring Fundraising Event, a special movie night for the girls, and making appearances throughout the community to spread the word about GOTR.

I am happy to welcome BayView and Neighborhood House to our GOTR family this Spring. They have joined our four other chapters in our 4th year in the Greater Milwaukee Community. We will have more than 65 girls running Laura's Smile Mile 5k on June 4th at Veterans Park. We invite you to join us at the event, either by participating in the 5K or coming down to cheer on the girls. It is one of the great experiences as part of GOTR to watch these girls proudly cross the finish line!

We have an exciting Spring fundraiser planned at Miller Park on Saturday, May 21st, with a pre-game tailgate before the Brewers take on the Rockies. Tickets are available for \$50 each or \$150 for a family 4-pack, which includes food and beverages at the tailgate and your ticket to the game. We look forward to celebrating GOTR with all of our supporters. Our Spring and Fall fundraising events are the primary means by which we raise funds to support programs. Without your support, we cannot fulfill our mission of providing this program to all girls who wish to participate, regardless of their family's ability to pay.

The Girls on the Run marketing team has been busy as well. You may have heard us on Radio Disney in February, or seen us

on Fox 6 'Real Milwaukee' in March. Other media plans include an appearance at the 2011 KidsFest at the State Fair Grounds and an article in the May Badgerland Striders newsletter. Of course our best marketing tool is you – our supporters, so please do all you can to talk up this great program so we can expand to reach even more girls in the Greater Milwaukee Metro area.

We are happy to announce we are hosting our first-ever movie night for the girls participating in our Spring program on April 30th. The girls will meet at the Children's Health Education Center for an afternoon of popcorn, laughs, team-building, and the opportunity to watch the new Disney release 'Tangled.' We look forward to making this type of event a standard with each season of GOTR.

It's been a busy 2011 thus far, with so much more ahead of us! We are already well into planning for Fall, and are currently meeting with potential Fall sites. We are always looking for more opportunities to deliver our empowering message to girls throughout Metro Milwaukee, which can be achieved through your suggestions of potential sites and sponsors. Please contact me anytime with your ideas at [councildirector@gotr-milwaukee.org](mailto:councildirector@gotr-milwaukee.org).

As always, thank you for your support of Girls on the Run – we look forward to seeing you at one of our many events this Spring – especially our Brewers tailgate on May 21st.



## Recent Press Coverage

Girls on the Run of Greater Milwaukee is making a name for itself! In recent months, we have received media attention from the following:

- Radio Disney – an interview with our Council Director Zarine Anklesaria & President Lora Strigens aired back in February
- Fox 6 Real Milwaukee featured GOTR of Greater Milwaukee in mid-March
- Journal Sentinel blog feature – to view [click here](#).
- Attendance for KidsFest 2011 at State Fair Park this past weekend

Look for us coming up in the Badgerland Striders May newsletter, a follow-up on Fox 6 Real Milwaukee, and Laura's Smile Mile and the Milwaukee Journal Sentinel blogs!

Educating and preparing girls for a lifetime of self-respect and healthy living

Girls on the Run of Greater Milwaukee  
P.O. Box 510771 | Milwaukee, WI 53203  
[www.gotr-milwaukee.org](http://www.gotr-milwaukee.org)

## Sponsorship Opportunities

Are you a part of an organization or know of one that is looking to give back to the community? Girls on the Run has varying levels of sponsorship opportunities – the most timely being our Spring Fundraiser at Miller Park! Align your organization or brand with a great cause!

For more information contact Zarine Anklesaria at [CouncilDirector@gotr-milwaukee.org](mailto:CouncilDirector@gotr-milwaukee.org).

## SoleMates

Racing season is ramping up!

Want to make a difference in the life of a girl? Join Girls on the Run SoleMates, our charity racing program. SoleMates is a team of male and female athletes who pursue individual goals—such as competing in a marathon or triathlon—to raise money for the Greater Milwaukee GOTR chapter.

For more information or to become a SoleMate, contact Lora Strigens at [President@gotr-milwaukee.org](mailto:President@gotr-milwaukee.org) or visit [www.girlsontherunsolemates.org](http://www.girlsontherunsolemates.org).

## Volunteer Opportunities

Are you interested in getting involved with Girls on the Run of Greater Milwaukee? Here are a couple ways we need your help!

- Running Buddies needed for Vieau Elementary School (823 South 4th Street in Milwaukee). Must be available to attend practice on May 17th from 2:30-3:45pm as well as the 5K event on June 4th. Please email Krystal at [sites@gotr-milwaukee.org](mailto:sites@gotr-milwaukee.org) if you are interested.
- Assistant Coaches needed at Lake Bluff Elementary (1600 E Lake Bluff Blvd Shorewood) and Vieau Elementary (823 South 4th Street in Milwaukee). Coaches need to be in attendance at practices held Tuesdays & Thursday afternoons until June 2nd. Please email Krystal at [sites@gotr-milwaukee.org](mailto:sites@gotr-milwaukee.org) for more information.
- Volunteers will be needed at our Spring Fundraiser – May 21st at Miller Park. Please email Shelley at [volunteers@gotr-milwaukee.org](mailto:volunteers@gotr-milwaukee.org) if you are available.

## Calendar of Events

### Movie Day

Saturday April 30th @ 2pm  
Children's Health Education Center Featuring Disney's "Tangled"

A fun way for our Girls on the Run participants from all 6 Milwaukee area sites to come together to celebrate the spring session currently underway!

### Mid-Season Coaches Meeting

Monday, May 2nd @ 7pm  
Location TBD

### Spring Fundraiser

Saturday May 21st @ 3pm  
Miller Park Brewer's Tailgate – 6:10pm Game time

Join us for a day at Miller Park! The cost of \$50 includes a seat for the game, beer, non-alcoholic drinks and entertainment. The family 4-pack option for \$150 includes 2 adult tickets and 2 children tickets for those under the age of 18. Register now at [www.gotr-milwaukee.org](http://www.gotr-milwaukee.org).

### End-of-Season 5K

Saturday, June 4th @ 10:30 am  
Veteran's Park  
Laura's Smile Mile benefiting Laura's Smile Foundation

The Spring session with our GOTR participants culminates with this event held down at Milwaukee's lakefront! Come cheer us on or participate yourself as these girls proudly accomplish their goals!

### Treadmill-A-Thon

Saturday, June 18th  
Location & time – TBD

**More details to follow!**

## Volunteer Spotlight

At the heart of GOTR-Milwaukee are the many amazing volunteers whose commitment and passion change the lives of hundreds of girls throughout the Milwaukee area each year. We would like to introduce you to one of our wonderful volunteers, Pam Hannen.

**GOTR** Why did you become involved with GOTR-Milwaukee? What attracted you to volunteer with GOTR-Milwaukee?

**PAM** I became involved in 2007. Then director Sarah Ranfranz helped me to coordinate and begin the Girls on the Run program through my employer, the Sixteenth Street Community Health Center. Immediately after I learned about the program at a convention in Madison, I knew it was something that would greatly benefit the girls that I see every day in our clinic.

**GOTR** What is the most rewarding thing about GOTR-Milwaukee that you have seen for the girls that you have coached?

**PAM** The most rewarding thing is seeing the girls at the end of the 5k that they do and how proud they are of themselves. They are always so happy and their families are so proud of them as well. In 10 short weeks they seem to grow and mature so much!

**GOTR** Why would you recommend a girl's participation in GOTR?

**PAM** Girls on the Run is an incredible opportunity for girls at such an impressionable age. It provides a great framework for girls to

learn more about self esteem, healthy eating, body image, and being active from another source other than their schools or parents. Plus she can be outside, have fun, and meet new friends!

**GOTR** What is the one thing you wish everyone should learn about GOTR-Milwaukee?

**PAM** GOTR Milwaukee is growing and non-profit!

**GOTR** How has volunteering with GOTR-Milwaukee impacted your life?

**PAM** Volunteering with GOTR has really made me feel more connected to the families of Southside Milwaukee. I feel honored to be able to bring such a great organization into their lives and to see the positive effects that GOTR has on these girls. I am so proud of what we all do to promote this program and feel as though we truly have a positive impact on these girls lives.

**GOTR** Name one word to describe the girls who participate in GOTR-Milwaukee.

**PAM** Inspiring

**GOTR** Name a silly fact about yourself (that you don't mind sharing).

**PAM** I'm pregnant with a girl! I hope she does Girls on the Run someday.

