



# Greater Milwaukee Newsletter

October 2011

## LETTER FROM THE COUNCIL DIRECTOR

Hello Friends of Girls On the Run!

Wow, how time flies. I can hardly believe that fall is here! Hopefully you were able to enjoy the Lakefront or attend one of Milwaukee's many festivals this summer. Our GOTR team has been very busy since our last update in April.

Our Spring Fundraiser at Miller Park was a huge success! Thanks to everyone who came out or participated in our raffle. Your contributions helped us raise

over \$6,000 – enough money to sponsor three scholarship sites for girls in need. We are already planning for next year and have many ideas we're exploring to make the event even better!

We are growing our GOTR family! Our application for expansion into Ozaukee, Washington and Waukesha counties was approved by GOTR International. If you live in one of these counties and would be interested in learning more about getting a GOTR site started for next Spring, please contact me via e-mail at [councildirector@gotr-milwaukee.org](mailto:councildirector@gotr-milwaukee.org).

This September marks the start of our first-ever Fall season. We are starting small, with one Girls on Track site at Notre Dame Middle School. We are also happy to announce that we have established a partnership with the YMCA of Greater Milwaukee and plan to host many site at YMCAs across our four counties next spring. We are very excited

about the potential of partnering with the YMCA to bring GOTR to more communities!

This Fall will also be the first time we host a New Balance Girls on the Run 5K. While we receive significant support from our national sponsor New Balance®, we are definitely in need of corporate sponsors, running buddies, and volunteers to make this event a success. The race will be hosted at the Pettit National Ice Center on December 4th.

As always, thank you for your support of Girls on the Run of Greater Milwaukee – we look forward to seeing you at one of our many events this Fall – especially at our first-ever 5K!

Sincerely,

## INAGURAL 5K

We will be hosting our first independent New Balance GOTR 5K to celebrate the completion of our fall season. This 5K is the culmination of all the hard work that our girls put in during the season, and truly is a special event for them and everyone there to support them. The more participants that we have in our 5K, the greater the energy in the Pettit, and the more memorable the experiences for the girls! We want to see lots of runners out there on the 4th!



### Girls on the Run

*is a life-changing after school program for 3rd through 8th grade girls. The highly interactive curriculum combines self-esteem enhancing lessons with uplifting workouts aimed to develop the whole girl; her physical, mental, emotional and social self. Young girls are empowered with a greater self-awareness, a sense of achievement, and a foundation in team building to help them become strong, contented and self-confident women.*

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



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**Date:** Sunday, December 4th, 2011

**Race Starts:** 11:30 a.m.

**Location:** Pettit National Ice Center

**Registration Fee:** \$25, \$30 day of race (proceeds benefit GOTR of Greater Milwaukee)

**To Register:**

[www.active.com/running/milwaukee-wi/new-balance-girls-on-the-run-of-milwaukee-5k-2011](http://www.active.com/running/milwaukee-wi/new-balance-girls-on-the-run-of-milwaukee-5k-2011)

## GIRLS ON THE RUN NEWS

The Milwaukee Journal Sentinel visited the Sixteenth Street Community Health Center this spring as they prepared for Laura's Smile Mile. Check out some of the great pictures they took of the girls in action at:

[http://www.jsonline.com/multimedia/photos/122988878.html#id\\_51411203](http://www.jsonline.com/multimedia/photos/122988878.html#id_51411203)

## THANK YOU W GIRLS MILWAUKEE!

On Saturday, June 18th, the members of the WGirls of Milwaukee held a 12 hour Run-A-Thon in the Third Ward to raise

money for Girls on the Run. The women raised over \$600 to support GOTR! We are very appreciative of their efforts to support our organization!

## GOTR FROM THE PERSPECTIVE OF A PARTICIPANT

After the spring session, we had an opportunity to talk to one of the girls from the Lake Bluff (Shorewood) site to get her thoughts on what it was like to participate in GOTR.

**GOTR: What is your favorite part about participating in GOTR?**

*Sophia: I liked that you would run and do activities at the same time.*

**GOTR: What was your favorite activity or lesson at GOTR practice?**

*Sophia: I liked when we did the community project and made cards for the children at Children's Hospital.*

**GOTR: How would you describe your coach?**

*Sophia: My coach is a hard worker because every Tuesday and Thursday she would help me become a better person. I would describe my running buddy as an accomplisher because he ran as hard as he could and ran the whole race!*

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## JOIN THE FUN! ZOOMA HALF MARATHON AND 5K

Look for GOTR of Greater Milwaukee at the ZOOMA Half Marathon and 5K taking place on Saturday, October 22nd at the Abbey Resort in Fontana. This women's only race along the shore of Lake Geneva is a great opportunity to enjoy a beautiful fall event and support GOTR in the process. We hope to see you in Fontana on the 22nd – be sure to stop by the GOTR booth and say hello!



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

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### RUNNING BUDDIES

A running buddy is one of the best ways to experience the Girls on the Run program in action, while donating only a few hours of your time. A running buddy participates in a practice session during the season, which gives the running buddy and the girl participant a chance to get acquainted. Then, the buddy accompanies one girl on the adventure of her 5K run at the end of the season. They provide encouragement and lots of high-five's throughout the race and especially at the finish line. Running Buddies can be any family member, friend, teacher or other community supporter.

**More information about SoleMates and Running Buddies is available on the Volunteer page of our website.**

### VOLUNTEER OPPORTUNITIES

As Girls on the Run of Greater Milwaukee continues to grow, we are always in need of enthusiastic individuals committed to our mission to help support our programs and our chapter. We are currently looking for individuals that have the energy and talent to help us in the following roles:

**Running Buddy Coordinator** – works to pair girls up with adult Running Buddies who serve as partners and mentors on race day

**Sole Mates Coordinator** – helps to recruit and support individuals who participate in our charity running program.

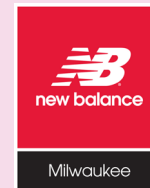
**Committee Leads & Members** – each of our committees has opportunities for you to get involved – Fundraising/ Events, Marketing, Sponsorship, and Volunteers. We are specifically looking for people interested in helping coordinate our 2012 fundraising events.

**Database Management** – this is a great opportunity for someone who may not be able to attend regular meetings to help with GOTR on their own time. We are looking for someone to help coordinate our database of volunteers, participants, etc

**Event Day Support** – Interested in a one-day GOTR commitment? Think about joining us to provide event support at our upcoming Fall 5K, or at other events throughout the year.

For more information, please contact us at [volunteers@gotr-milwaukee.org](mailto:volunteers@gotr-milwaukee.org)

**THANK YOU TO OUR SPONSORS NEW BALANCE AND STAN'S FIT FOR YOUR FEET!**



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