

Dear Friends,

As many of you know, I've been coaching and mentoring 3rd-5th grade girls for the past year through a non-profit organization called [Girls on the Run](#) (GOTR). Our mission is to educate and build confidence in young girls through non-competitive after-school running programs nationwide. While we teach the girls the importance of exercise, we also educate them about empowerment, self-respect, friendship, teamwork, and goal setting. It's all about Girl Power!! ☺

I recently signed up to complete the San Jose Rock N Roll Half Marathon on Oct. 3, 2010 to raise money for GOTR. Our goal is to raise a total of \$50,000 to provide 160 girls with scholarships to participate in the fall 2010 season of Girls on the Run.

To learn more about GOTR and my training efforts, **please visit my fundraising page at <http://www.firstgiving.com/juliesarpy>**. If you like what you see, **please sign up to sponsor me** for the race. While my individual goal is to raise \$1,300, no amount is too small (or too big).

Alternatively, if you'd rather donate your time instead of money, GOTR is looking for new coaches for their fall season starting in August. Check out the [GOTR Running Coach Page](#) for complete details. Coaching with GOTR has been one of the most fun and rewarding things I've done. If you have the time (2 days per week in the afternoons), you won't regret it!

Attached are pictures of the girls who I coached in Noe Valley last autumn. They are AMAZING and every dollar you donate will go towards helping girls just like them.

Thanks so much for your support and hope you're all having a wonderful summer!

Julie

p.s. If you prefer to write a check rather than donating online through my fundraising page, please make the check payable to Girls on the Run of the Bay Area. You can mail the check directly to Girls on the Run or send it to me. If you'd like to mail the check directly to GOTR, please write my name in the memo so the donation will count towards my fundraising goal. Thanks again!!

My Home Address:
5555 Awesome St., SF, CA 94000

GOTR Address:
Girls on the Run, 3543 18th Street, #31, SF, CA 94110. *Attn:* You Can Run