



Join us at the Girls on the Run 5K!

The 2017 Girls on the Run 5K is shaping up to be our biggest and most awesome 5K yet! You won't want to miss this giant Girl Power Party or the smiles on the faces of the 1,400 spring program girls as they cross the finish line. There are lots of great ways to participate and get involved! Whether you inspire a girl to reach the finish line as a [Running Buddy](#), cheer on the girls as a [Community Runner](#) or support the event as a [volunteer](#); you'll be helping girls realize their limitless potential and self worth!

Exciting News: NEW Location & Course! Due to the rapid growth of the number of new participants, Running Buddies and Community Runners, The [Girls on the Run 5K](#) will take place at [Renton Memorial Stadium](#). The course is scenic, flat and ends on the track inside of the stadium with cheers, music and a festival!

Join the 5K Fun

March 31
Running Buddy NOW OPEN!

Not every girl has a positive role model to show her any goal can be achieved, one step at time. [Sign up as](#)

a [Running Buddy](#) for the Girls on the Run 5K on **Sunday, May 21st** and help us show girls they have the power and potential within to achieve any goal they set! Running Buddies do not need to be "runners." They will be partnered with girls of approximately the same pace and will run, walk, hop, and skip to the finish line with their girl buddies at the [Girls on the Run 5K](#) on May 21st.



Sign Up as Running Buddy

Save the Date! May 10th: Give BIG 2017

Did you know that we've NEVER turned away a girl due to inability to pay? And we're determined to never do so. But we need your help! Seattle's largest philanthropic day of giving, Give BIG, is less than a month away! [Donate to Girls on the Run during Give BIG on May 10th](#) and ensure our girl empowerment program remains affordable and accessible to EVERY girl who wishes to participate. No donation is too big or small!



Meet April's Girl Hero

Super Power, Niki Howard!



Niki Howard began as a coach for Girls on the Run 6+ years ago. Since then she has literally done it all....she's been a multi-year Running Buddy, 5K volunteer, Board member for six years and even chaired our Program Committee. Currently she serves on the Board Governance Committee, where she has helped to inform, educate and establish effective procedures that will guide our Board of Directors through important decision-making and planning for years to come.

[Read More](#)

Let's Get Social! Join us on:



Girls on the Run of Puget Sound
(206) 528-2118 | www.girlsrun.org