



## Now Rallying Running Buddies!

Want to make a big impact, but don't have much time to give? Then we've got the perfect opportunity for you! We still need 460 fun-loving, patient and supportive females with the ability to run, power-walk or even skip a 5K to be Running Buddies for our Spring 5K on May 7th.

As a Running Buddy, you'll be paired up with a GOTR girl for two 5K experiences: A Practice 5K on either April 27 or 28 and our Girls on the Run Community 5K at Magnuson Park on Saturday, May 7th. As a running buddy you'll keep pace with the girl you are matched with, ensuring her safety, and cheering her on towards the finish line. [Learn More...](#)

Sign Up As Running Buddy

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### April 24 - May 1: Practice Awesome 5K

Do you have an awesome 3.1 mile route you love? Sign up for our Practice Awesome 5K and you can run, walk, skate or ride with anyone, anywhere in the world, any time between April 24 - May 1. All while supporting girls in our

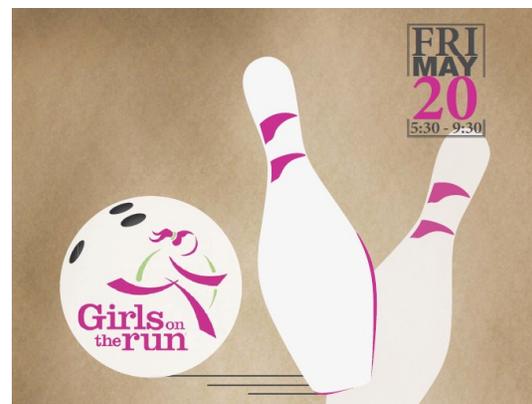
community! Sign up today and help us keep making awesome possible for our girls. [Learn more...](#)



Register

## May 20: Let the Good Times Roll

Grab your besties or family and join us at West Seattle Bowl on Friday, May 20th for our annual Girls on the Run Bowling Night. Score big with free shoe rentals, fun raffles and food and drink specials from 5:30 - 9:30 p.m. while helping our GOTR team. All proceeds from lane rentals will benefit Girls on the Run --that's FUNdraising right up our alley! [Learn more...](#)



Reserve a Lane

## Meet April's Girl Hero!

**Running Buddy Turned Coach, Heidi Lauinger**



With great pleasure we honor, Heidi Lauinger, as our AprilGirl Hero. Heidi first got involved with Girls on the Run as her daughter's Running Buddy and is currently a coach at BenFranklin Elementary. Heidi was initially touched by how much the program helped Jordan "learn about goal setting and enabled her to realize her inner beauty."

[Read More](#)

Girls on the Run of Puget Sound  
(206) 528-2118 | [www.girlsrun.org](http://www.girlsrun.org)

Let's Get Social!



Girls on the Run of Puget Sound | 1404 East Yesler Way, Seattle, WA 98122

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