



Last Call to Register Your GOTR Girl for Spring!

If you've been delaying registering your GOTR girl for the spring, now is the time! Spring girl registration officially closes next Friday, February 17th. Sites are filling quickly, but we still have quite a few schools that have space on their teams. ***If you know a 3rd-8th grade girl that would benefit from our confidence boosting and empowerment program, consider registering her for our 2017 program!*** This spring, Girls on the Run will be offered at close to [100 sites](#). Girls meet with a team of their peers twice a week for 10 weeks, where they participate in lessons on confidence, positive relationships, health and community service.

The season culminates with program participants walking, running, hopping or skipping to the finish line of our family friendly Community 5K, where they learn any goal can be achieved one step at a time. Program is open to girls of all backgrounds and athletic abilities. **[Don't delay, register her today!](#)**

[Learn More](#)

February 17
Sign up to be a Practice Partner!

Looking for a new volunteer

opportunity that doesn't require a ton of hours? Consider signing up to support a Girls on the Run team as a [Practice Partner](#)! Practice Partners assist coaches with practice and cheer their team of girls across the finish line of the Girls on the Run 5K. Volunteers must be at least 16 yrs old, agree to a background check, participate in an online training and attend a minimum of 6 practices. Click below to learn more about this awesome opportunity to connect with and support a team of girls!



[Learn More](#)

March 8th St. Clouds Fundraiser

Save the date for one of our yummiest fundraisers of the year, [St. Clouds](#)! Simply dine out at St. Clouds Restaurant in Madrona from 5-9pm on Wednesday, March 8th and a portion of your meal provides scholarships for our spring program participants. Secure your table by making a [reservation online](#) or by calling the restaurant at (206)726-1522. And don't forget to say "Hi"- we'll be there greeting and thanking supporters!



[Make Reservation](#)

July 14-15 Ragnar Northwest Passage

We have 4 spots remaining on our coveted [Northwest Passage Ragnar SoleMates teams](#)! Join one of our teams for a memorable 200 mile relay race from Blaine to Langley, WA! We take care of registration, transportation, snacks, and provide a tech team shirt. You agree to fundraise \$1,000 to bring Girls on the Run to new schools and girls next spring. *All paces, genders and experience levels welcome!*



[Learn More](#)

Meet February's Girl Hero

Volunteer Extraordinaire, Rebecca Gerben!



We can confidently say that we wouldn't be the organization we are without February's Girl Hero, Rebecca Gerben. She's literally served in more capacities and roles than we can count. Rebecca has volunteered as a Girls on the Run coach for several seasons, emcee'd for numerous GOTR 5K's, served as the chairperson for our Fundraising and Marketing Committees and inspired the audiences at our Annual Auction and Sneaker Soiree events. She currently serves on our Board of Directors and is among the longest serving members.

[Read More](#)

Let's Get Social! Join us on:



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

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

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