



New Year, New Newsletter... ***NEW US!***

We've got exciting changes happening in 2016, starting with the redesign of our e-newsletter! Our goal is to make sure that every girl in King County has the opportunity to participate in our program and receive confidence boosting messages.



[Read more about our exciting plans!](#)

Upcoming Events

Now Recruiting Coaches for Spring!

We are searching for enthusiastic and positive women of all backgrounds who are passionate about empowering girls to become healthy and confident young women. If you want to make sure girls realize their limitless potential, please consider applying to coach. You do not need to be a "runner," just believe in the power & strength of girls!

[Learn More!](#)

Feb 2: St. Clouds Charity Dinner

St. Clouds restaurant has generously offered to donate the proceeds of their dinner service to GOTR Puget Sound on Feb 2, 2016! Dine at St. Clouds

that evening and you'll provide scholarships for girls this spring. Meet members of the GOTRPS community and enjoy great food for a good cause. Kids welcome! RSVP today by calling (206) 726-1522.



[See Menu](#)

Feb 5: GOTR for Grown-Ups

Do you wish you had Girls on the Run when you were a kid? Well, it's not too late! Join us for our *final GOTR for Grown-Ups session* on Feb 5th, 2016. We'll kick off the evening with an empowering Girls on the Run lesson adapted for adults, followed by a rejuvenating vinyasa yoga workout and end with a celebratory hosted happy hour. All ages, genders and experience levels welcome!

[Sign Up](#)

Meet January's Girl Hero!

Coach Tiffany Rivera from Stevens Elementary



Girls on the Run is pleased to honor coach Tiffany Rivera as our January Girl Hero! Tiffany would make hot cocoa for the girls on the chilliest days, had yoga mats donated by local businesses for her team to sit on during practice, and even brought speakers to practice so the girls could listen to music while they ran.

[Read More](#)

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

Let's Get Social!

