



## Spring Girl Registration Now Open!

We're gearing up for our biggest season ever and we hope you'll help us spread the word! This spring, Girls on the Run (3rd-5th) and Heart & Sole (6-8th) will be offered at over [90 program sites](#). ***If you know a 3rd-8th grade girl that would benefit from our confidence boosting and empowerment curriculum, consider registering her for our 2017 program!*** 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 a 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, sites fill quickly!**

[Learn More](#)

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### Spring 2017 New! Practice Partner Volunteer Opportunity

Have you wanted to be a GOTR coach, but couldn't commit to being at every practice? Support a team of girls by

signing up as a [Practice Partner](#)!

Practice Partners assist coaches with practice and cheer the girls across the finish line of the end of season 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. [Read more](#) about this awesome opportunity to connect with and support a team of girls!



[Practice Partner FAQ](#)

## July 14-15 Ragnar Northwest Passage

If getting healthy, participating in a super fun race or challenging yourself are on your New Year resolution list, then we've got just the opportunity for you! We're now recruiting SoleMates to join our 2017 [Northwest Passage Ragnar](#) Teams for an epic relay race like no other. We take care of registration, transportation, snacks, and a tech t-shirt. You agree to raise funds to bring Girls on the Run to new schools and girls. **Limited spots available on each team!**



[Learn More](#)

## Meet January's Girl Hero

**Former GOTR Girl, Vanina Keyes!**



It's always fun and makes us proud to hear stories about former Girls on the Run participants. Vanina, now a graduate of the University of Washington, was recently interviewed alongside Girls on the Run of Puget Sound founder and her original GOTR coach, Jeannie Higgins, at our Sneaker Soiree fundraiser in October. We followed up with Vanina after the event to share more about what she remembers from participating in the program 10 years ago. Click below to read her answers and be inspired by the super caring and confident woman she's become!

[Vanina's Full Interview](#)

Let's Get Social! Join us on:



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

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

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