



Energy Cheers for a REMARKABLE 5K & Season!

We seriously have not stopped smiling since the culmination of our largest season and 5K ever! On Sunday, May 21, 2017, 1,400 GOTR girls, their 1,400 Running Buddies and over 300 Community Runners participated in our largest 5K to date!



Congrats to all our 2017 program girls, their awesome Running Buddies and our Community Runners. It was incredibly fun and inspiring watching you cross the finish line of the QFC Girls on the Run of Puget Sound 5K!



Our hearts are filled with gratitude to everyone who worked tirelessly to ensure our 2017 Girls on the Run season and QFC GOTRPS 5K was a success. We would especially like to thank [our sponsors](#), with whom the program and 5K would not be possible. With their support, our program has grown from serving 10 girls in 2002 to 1,400 in 2017. We'd also like to thank our volunteer coaches who generously gave their time ensuring their girls received empowering messages and developed important life skills. Lastly, we'd like to thank all of our wonderful race volunteers, many of whom worked late into the night and/or early on race morning ensuring all elements of the QFC GOTRPS 5K ran smoothly.

Want to see more highlights of the 5K? Our talented volunteer 5K photographers captured the amazing spirit of our program and girls beautifully. Check out [their photos!](#)

[View 5K Photos](#)

We Need Your Help! ***Make GOTR Possible for More Girls***

Did you leave the 5K inspired? We know we sure did! So much so that we're already thinking ahead to next season and how we can serve even MORE GIRLS! But we need your help. Please consider making an [end of season donation](#) to help us continue to expand our program and reach new girls and schools next season. Even \$25 will help us continue to grow our program. As a small non-profit with limited resources (but BIG goals), we rely on the help and support of generous donors like you. Together we can ensure all Puget Sound girls are joyful, healthy and confident!



[Help Us Grow!](#)

NEW: Don't Miss Out **Order your GOTR Gear Today**

New this year! Show your GOTR pride by ordering one of our limited edition GOTR sweatshirts or sport jackets. Both girl and

women sizing available and merchandise can be either picked up in person at the Girls on the Run office in Seattle or mailed directly to you. Limited quantities available so don't delay, [order yours today](#) while quantities last!



Order GOTR Gear

Reuben's Brews June 15th-TODAY!

Celebrate the end of a fabulous season and the beginning of summer at one of Seattle's most popular and celebrated breweries, [Reuben's Brews](#)! Stop by Reuben's in Ballard anytime from 12-8pm on **Thursday, June 15th**, and Reuben's will donate a portion of your beer purchase to Girls on the Run! Staff will be on hand thanking and greeting supporters. Pizza available for order from Zeeks and Ballard pizza at a discount. Kids and dogs welcome!



Meet June's Girl Hero

Title Sponsor of the GOTRPS 5K, QFC!



[QFC](#) has been one of Girls on the Run's biggest and brightest champions since they first became our 5k presenting sponsor in 2011. Since then, they have provided enough scholarship support to fully fund almost 37 complete teams – 550 girls! In addition to their financial support, QFC generously provides in-kind donations of nutritious food for our 5K participants, signs to cheer participants along the course, gift cards for snacks at our program sites, school signs and banners for our 5k, printing and floral support for our auction events, and so much more. QFC employees also volunteer their time as coaches, running buddies, and event support.

[Read More](#)

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