



## The 2017 GOTR Season Has Begun!

Our largest season to date kicked off on Monday, March 6th! This season marks our 15th year anniversary and we're excited to report that this spring over 330 Coaches will be empowering 1,400+ girls throughout King County to boldly pursue their dreams! We're sending a great big energy cheer to all our volunteer coaches for investing their time in our community's girls, our site liaisons for helping us recruit the girls, and to our Practice Partners for giving their time to help support all of our teams. We can't wait to celebrate on **Sunday, May 21st** as we watch all the girls cross the finish line of the [Girls on the Run 5K!](#)

Join the girls as they walk, run, and skip their way to the finish line at our Girl Power 5K by [signing up as a Community Runner](#) for the 5K! The course is flat, scenic and family/stroller friendly. Great for walkers, runners, and skippers of all ages!

Join the 5K Fun

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**TONIGHT! March 8th  
St. Clouds Fundraiser**

There are a few reservations available

from 8-10pm for the Dine Out at [St. Clouds tonight!](#) Simply invite your friends/family to join you for dinner at St. Clouds Restaurant in Madrona this evening and a portion of the proceeds from your meal will go towards providing girls in our spring program scholarships. Secure your table by making a [reservation online](#) or by calling the restaurant at (206)726-1522. We'll be there thanking and greeting supporters so be sure to stop by and say "Hi"!



Make Reservation

### March 10th Athleta Friends & Family Sale

Score a great deal at the Athleta GOTR Friends & Family Sale this **Friday, March 10th**. From 4-7pm only, Girls on the Run supporters will be treated to 25% off merchandise in the [Athleta Bellevue Square](#) store (some exclusions may apply). GOTR staff will be on hand greeting customers, pouring refreshments and raffling away sweet swag. Hope to see you there!



RSVP for Event

### Meet March's Girl Hero

#### Super Volunteer, Lisa Henry!



Lisa Henry is our "Super" Girl Hero of the month! As a long-time supporter of

Lisa Henry is our Super Girl Hero of the month. As a long-time supporter of Girls on the Run, one of the many ways she supports GOTR is by serving as a "Super Volunteer" at the Girls on the Run 5K. As a Super Volunteer, Lisa wakes up at the crack of dawn to supervise other "day of" volunteers. Not only does she welcome them with a smile and ensure they know their role for the day, but she sets them up for success, as they support the girls, Running Buddies and families in completing the 5K. Why does she do it?

[Read More](#)

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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