



Attitude of Gratitude - Girls on the Run 5K!

"Run with a heart of gratitude and you'll travel further than you ever thought you could."

One of the core themes of the GOTR curriculum is helping girls to understand themselves and how they connect with and shape the world at large. In the lesson, "Choosing Gratitude," the girls are introduced to the idea that choosing gratitude provides a positive outlook and is key in overriding negative self-talk. We are excited to introduce a new element to our 5K by introducing all participants to the "Attitude of Gratitude".

To motivate themselves and those around them during the 5K, the girls will have the opportunity to decorate their race bibs at the end of the "Choosing Gratitude" lesson. They can use their Attitude of Gratitude activity sheet to write or draw something that inspires them or that they are grateful for to fill in the "I am running for _____" part of their race bib.

[Running Buddies](#) and [Community Runners](#) will also have the chance to dedicate their run to someone or something that inspires gratitude. Join us on Sunday, May 21 for our 5K to experience the joy and feeling of self-worth that comes from running with heart.

Because, after all, it is not about how fast you run, it is about the attitude you bring to the starting line.

Reminder: NEW Location & Course! Due to the rapid growth of the number of new participants, Running Buddies and Community Runners, The [Girls on the](#)

[Run 5K](#) will take place at [Renton Memorial Stadium](#). The course is scenic, flat and ends on the track inside of the stadium with cheers, music and a festival!

Register now to Run with Gratitude

Join us in celebrating another empowering GOTR season!

Jones Brothers and Co, Ballard

Join us on Wednesday, May 24th at Jones Brothers & Co for a post season celebration. Special happy hour from 4pm - 8pm with drink specials benefiting Girls on the Run of Puget Sound.



RSVP on Facebook

Save the Date! Tomorrow!!
May 10th: Give BIG 2017

What's the best gift you could give a girl today? The gift of confidence is high on the list for making a difference in a girl's future. Girls on the Run helps girls realize they are in charge of their own destiny. We teach girls that making healthy decisions today leads to a healthy and empowered life tomorrow. *You don't have to wait* until tomorrow, make a gift **now** with early giving and your support will go a long way towards helping girls make positive and healthy decisions for their future. [Donate to Girls on the Run during Give BIG](#)

No donation is too big or small!

NOW
MORE THAN EVER.



Meet May's Girl Hero

Jo Bader, 5K Super Star!



Jo first learned about GOTR at a fundraising auction. Shortly thereafter, she signed up to be a running buddy and quickly became a huge supporter of the GOTR mission. Since then, Jo has coached, chaired our auction committee, helped with special projects in our office, and has been a member of our Board of Directors for five years. She is also a Sole Mate charity runner, fundraising for scholarships to empower girls while training for her 2nd Ragnar Relay race this summer! At GOTRPS, when we have a special project or are looking for enthusiastic, passionate super hero level support, we look to Jo.... she has done it all and done it well! Currently, Jo is our Board Secretary and is also chairing our 5k committee.

[Read More](#)

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