



## Thank You for an Amazing 5K!

Last Saturday marked our biggest 5K ever, with over 800 spring program girls, their amazing Running Buddies, and 150 Girl Supporting Community Runners crossing the finish line. Thank you all who gave time and energy into ensuring our 2016 5K was a success. From the race volunteers (some of whom began their shift at 6am!) to the ever supportive event sponsors to the coaches and families who cheered the girls across the finish line, we couldn't have done it without your help and support.

*Stay tuned to our social media channels for pictures soon!*

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### **May 20: Let the Good Times Roll**

Grab your besties or family and join us at [West Seattle Bowl](#) on **Friday, May 20th** for our annual Girls on the Run Bowling Night. Score big with free shoe rentals, fun raffles and food and drink specials from 5:30 - 9:30 p.m. while helping our GOTR team. All proceeds from lane rentals will benefit Girls on the Run --that's FUNdraising right up our alley! [Learn more...](#)

LET THE GOOD TIMES ROLL!

COSMIC BOWLING with  
Girls on the Run of Puget Sound

WEST SEATTLE BOWL  
Friday, May 20  
5:30-7:30pm or 7:30-9:30pm

Featuring:

- Drink Specials
- Fun Raffles
- Team Prizes
- And so much more!



\$100 per lane

4-5 people per lane for 2 hours.  
Includes shoe rental.

Bumpers available for those who want to  
play it safe!

Register online: [girlsrun.org/bowling](http://girlsrun.org/bowling)

Register

## June 16: GOTR at Reuben's Brews

Kickoff sunny days and the beginning of summer with an evening at Reuben's Brews in Ballard to benefit Girls on the Run. On **Thursday, June 16th**, [Reuben's Brews](#) will donate \$1 of every purchased pint, growler or set of tasters to GOTR from 3-8 p.m. That's motivation to get your run in early on Thursday and join us for a relaxing and family friendly evening of drinks, food and fun.



Reuben's Brews

## Meet May's Girl Hero!

**Girls on the Run Sponsor, Swedish Medical Center**



Our May Girl Hero is Girls on the Run's longtime partner and supporter, [SwedishMedical Center](#)! Beginning in 2010, Swedish has provided scholarships to offset the cost of registration fees for participants in our Tukwila and Highline districts, and this year, Swedish generously expanded their support of Girls on the Run to provide scholarships to schools throughout King County. Thanks to this incredible partnership, we have been able to serve approximately 288 girls on full scholarship (that's 19 teams!).

[Read More](#)

Let's Get Social!



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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