



SOLEMATES®

Girls on the Run

FUELED BY

nuun
HYDRATION



It starts with
YOU.

Anyone can be a SoleMate

You don't have to be an athlete—and you don't have to finish first. All you need to do is show up for yourself and the girls in our community.

She is counting on you to recognize that you are capable of more than you know.

Your journey.
Her future.

What is SoleMates?

SoleMates is an inspired and driven community made up of passionate people raising money for Girls on the Run while completing a physical activity challenge of their choice.

What will challenge you?

Set your own personal goal. Running, hiking, yoga, weightlifting, cycling—train for any physical activity you are passionate about!

“It's not just about fundraising—it's also about making sure that every parent, every family, and every community member knows the impact Girls on the Run has on the life of a girl.

David, Missouri

Start your journey today.
Change the life of a girl forever.

gotrgreaterhartford.org/solemates

Go for greater.

Your support is crucial.

SoleMates are an important part of the Girls on the Run movement. As a SoleMate, you will help advance a powerful mission while raising critically needed funds that enable Girls on the Run to serve more girls in our community.



Ready? Set! GOAL!

It's simple, rewarding, and fun to be a SoleMate! Dream up a challenge, commit to go the distance and connect with a community of supporters.

When you do, you will have access to:

- ★ A personalized online fundraising page.
- ★ Resources to help you be a superstar fundraiser.
- ★ One-on-one support from our Girls on the Run staff.
- ★ Branded SoleMates apparel!



IN PARTNERSHIP WITH

FLEET FEET™

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2023 Race Options

Option 1: Girls on the Run Greater Hartford 5K – May 2023, Bloomfield, CT

- Race entry is included with registration
- Fundraising minimum: \$170
- Deadline to fundraise: June 1, 2023
- (Requires \$20 SoleMate registration fee)

Option 2: Hartford Marathon – October 14, 2023, Hartford, CT
(5K, half-marathon or marathon distance)

- Race entry is not included with registration
- Fundraising minimum: \$500
- Deadline to fundraise: November 1, 2023
- (Requires \$20 SoleMate registration fee)

Option 3: Event of your choice

- Pick your event, personal challenge, class, etc.
- Fundraising minimum: \$250
- Deadline to fundraise: 30 days after your event
- (\$20 SoleMates registration fee is separate from event registration)

[Register now!](#)

Frequently Asked Questions

Do I need to have prior athletic experience?

Absolutely not! Whether this is your first event, fiftieth, or more, we welcome you.

What are the perks of being a SoleMate?

All SoleMates receive a personalized online fundraising page, resources to become a superstar fundraiser, one-on-one support from Girls on the Run staff, connection with the SoleMates community, branded SoleMates apparel, incentives for exceeding your fundraising minimum and more!

I am nervous about asking for money - where do I start?

After you register to become a SoleMate, you will receive a link to set-up a personalized fundraising page that you can customize and fundraising guides and resources. Follow the prompts, add photos and why you are on board, and share via social media and email. Many SoleMates share how surprised they are at the number of family and friends that give right away!

What happens if I do not meet my fundraising minimum?

Registered SoleMates are financially responsible to fund raise the minimum requirement. Be sure to read the full Event Waiver on the SoleMate Registration Form for all details and policies.

Have questions? Need more information?

Contact Johanna Rincon, Executive Director

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