

# Girls on the Run Greater Hartford

Inspiring girls in Hartford, New Haven, Fairfield, Tolland & Litchfield Counties



## Ways to Give and Engage

There are many ways you or your organization can support and engage with Girls on the Run. We appreciate every kind of support from community partners and **welcome that support in all shapes and sizes.**

Now more than ever our passion is ignited to inspire girls throughout Connecticut and empower the future generation of women- and we hope you'll join us in a way that is meaningful to you!

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## Donate an In-Kind Good or Service

Interested in contributing a product or service to one of our events or seasons of programming? In-kind donation perks include name and logo on website, shout-outs and highlights on social media. See our [current in-kind needs](#) or contact Johanna Rincon at [johanna.rincon@girlsontherun.org](mailto:johanna.rincon@girlsontherun.org).

## Adopt a Team

Individuals, businesses, clubs or organizations can empower an entire team of girls! Rally a group of friends, employees or co-workers to engage with a team as coaches, 5K running buddies, or general volunteers. Commit to a season of support and **make a lifelong impact on a group of girls in your community.** To learn more about adopting a team for an upcoming season [click here](#).

## Become a SoleMate

SoleMates is a community of passionate people raising money for Girls on the Run while working towards a **personal fitness goal** or challenge. Whether running a marathon or walking a 5K, counting miles on a trail or laps in a pool, all SoleMates share a common desire to be **champions for girls** in the place they call home. Learn more here: [gotrgreaterhartford.org/SoleMates](http://gotrgreaterhartford.org/SoleMates)



Want to engage with us in a new way? Have an idea? We want to hear from you!  
Contact Johanna Rincón, Executive Director, to discuss the exciting possibilities.  
[johanna.rincon@girlsontherun.org](mailto:johanna.rincon@girlsontherun.org)