

# Girls on the Run Greater Hartford

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



## Adopt a Team

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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 for a season and **make a lifelong impact on a group of girls in your community.**

- **Coach**

- Each team needs at least 1 head coach, 1 assistant coach, and 1 substitute coach
- Work together to guide your team through a fun season of programming

- **Site Liaison**

- Help get a new team started at a local school or community site
- Assist with approval from school or site, securing coaches, and recruiting girls

- **5K Running Buddy**

- Run alongside a girl from your team as she completes her end of season 5K, supporting and encouraging her over the finish line

- **5K Volunteer**

- Provide support for the planning and execution of our end of season 5K events

- **Financial Support**

- Fund full or partial scholarships for your team of girls
- Cover the cost of program t-shirts, supplies and snacks for your team
- Through corporate support, personal giving, individual or group fundraising, you can provide your team with everything they need for a fun and inspiring season!

Have an idea? Want to support a team in a fun new way? We would love to hear from you!  
Contact Johanna Rincón, Executive Director to discuss the exciting possibilities.  
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