



Use the *power* of **running** to
make a difference

Van Buren/Cass Girls on the Run SoleMates

Girls on the Run SoleMates®

Do you want to use the power of running to make a difference in the life of a girl? Consider running your next race as a Girls on the Run SoleMate! SoleMates is the charity running arm of Girls on the Run. SoleMates run/walk races of different lengths (marathons, half-marathons, 10K's and 5K's) while raising money for Van Buren/Cass Girls on the Run.

Who is a Girls on the Run SoleMate?

Girls on the Run SoleMates are men and women who choose to run a race of their choice and raise a specific amount of money to benefit Van Buren/Cass Girls on the Run. As a SoleMate you will raise at least \$300 to benefit Girls on the Run, though you may go above and beyond this amount! There is a \$26 non-refundable registration fee to participate in the program. Participants will receive a Welcome Packet that includes a SoleMates technical t-shirts along with other benefits.

Can I run any race as a Girls on the Run SoleMate?

Yes, you can! You may sign up for ANY race of your choice and choose to run it as a SoleMate.

The Chicago Marathon is the national partner of SoleMates, and there will be many running this race as a SoleMate. If you choose to run this race as a SoleMate, there will be a Girls on the Run recovery tent for you to go to after the race.

SoleMate Participation Benefits



- Easy online registration at Active.com
- Personal fundraising page at Active.com
- Welcome packet and exclusive Girls on the Run SoleMates technical t-shirt upon registration
- Incentive prizes for participants exceeding the fundraising minimum
- Free or discounted participation in authorized local training programs
- Discount at Gazelle Sports and access to running/training clinics
- A discount on the purchase of up to two Garmin fitness products per calendar year (an average savings of 25-30% off MSRP)
- Free entry into the Van Buren/Cass GOTR 5K Event if used as your fundraising event
- The SoleMate with the highest fundraising achievement (must be over \$1000) for the year (September 1 – July 31st) will receive a \$100 gift card to Gazelle Sports

To register to become a SoleMate go to: http://www.active.com/event_detail.cfm?event_id=2055829

If you would be interested in more information about becoming a SoleMate, please contact Julie at 269-621-3143 ext. 371 or jebos@vbcassdhd.org.

