



Educating and preparing girls for a lifetime of self-respect and healthy living



Girls on the Run SoleMates General Info

Girls on the Run® is a non-profit organization whose mission is to educate and prepare girls for a lifetime of self-respect and healthy living. It is an innovative health education and wellness program that combines training for a 3.1 mile run/walk event with life-changing, self esteem enhancing lessons that encourage healthy habits and an active lifestyle in 8-12 year old girls. For information about Girls On The Run, visit our website at www.girlsontherun.org



SoleMates is the charity running leg of Girls on the Run. We are a team of athletes who pursue individual goals, such as running a marathon or participating in a triathlon, to raise money for local Girls on the Run councils and our important after school running programs for young girls.

presented by:



The SoleMates program provides a great opportunity to give girls an example of healthy living. By joining SoleMates, you can play a vital role in ensuring the future success of Girls on the Run programs that impact on the lives of thousands of young women every year. Just as SoleMates members are changed by their experience, Girls on the Run uses running to transform the way girls see themselves and their opportunities. Our ultimate goal is to raise enough money to reach every girl, and to educate and prepare her for a lifetime of self-respect and healthy living.

Registration for Girls on the Run SoleMates is a non-refundable \$26.00 and then members agree to raise a minimum of \$262.00 for GOTR of Northeast Tennessee. We support our participants every step of the way with exclusive premiums, effortless on-line fundraising and online support. We encourage our participants to continue fundraising beyond the minimum to support our mission. Additional incentives are available for all participants who surpass the fundraising goal.

What do I receive as a Sole Mates member?

- Easy online registration process and online fundraising
- Welcome packet, including exclusive SoleMates New Balance technical t-shirt and other branded gear
- Incentive prizes for participants exceeding fundraising minimums

- Experienced coaching and fundraising advice every step of the way
- Encouragement and motivation from training with a group
- Training manual with marathon and half marathon plans for any level developed by Jenny Hadfield, co-author of best selling *Marathoning for Mortals*
- New Balance running shoes to the top 100 fundraisers and discounts on New Balance products for all SoleMates athletes
- Special promotions from national partners
- Inspirational emails providing deeper connection to the Girls on the Run mission
- Access to information and fundraising tips and ideas posted in Participant Section of www.girlsontherunsolemates.org
- Unforgettable experience and lifetime of memories

Race Dates: August 7th, 2010 ([Springbrook Sprint](#), 200 yd/9 miles/3 miles)
 or
 September 26th (Bluegrass Half Marathon)

General Structure:

- One group training session per week in Johnson City
- Each week we'll discuss a topic relevant to the upcoming race or triathlon training
- Two practice triathlons

Coaches:

Jason Jenkins

- 6+ years of triathlon experience
- 1st overall male finisher at 2008 & 2009 Springbrook Sprint
- jjenkins319@yahoo.com

Katie Jenkins

- 5+ years of triathlon experience
- 4th overall female finisher at 2008 Springbrook Sprint
- katiejenkins@gotrnetn.org

What should you do next?

- Register for SoleMates and the Springbrook Sprint Triathlon (see additional attachment)
- Check out the website for additional information: www.gotrnetn.org/solemates.htm
- Recruit as many of your friends as possible to participate in the program!

First Group Workout:

Monday, June 1st at 6pm

Wellness Center lower parking lot in Johnson City

Discussion topic: Introductions, reading the plan, and basic training principles