



Girls on the Run® Sonoma County Receives \$1,000 Sponsorship from Empire Runners Club

SANTA ROSA, Calif., Dec 15, 2010 – Girls on the Run® Sonoma County received a \$1,000 sponsorship from Empire Runners Club to support the growth of youth-focused community programs.

Empire Runners Club is dedicated to providing health and educational opportunities for children and adults in Sonoma County. By developing partnerships with other like-minded nonprofit organizations, the Empire Runners Club is able to help promote health, wellness and exercise. “Working with other local nonprofits such as the Empire Runners Club,” said Joy Hermsen, Girls on the Run® Sonoma County Board Member, “can make a big difference in the lives of children.”

About Girls on the Run® Sonoma County

Girls on the Run® Sonoma County is an after-school program that uses the power of exercise to focus on building self-esteem and improving emotional and physical health. Girls are empowered with a greater self-awareness, a sense of achievement and a foundation in team-building to help them become strong, content and confident young women. For more information about Girls on the Run® Sonoma County, visit www.gotrsonomacounty.org.

About Empire Runners Club

Based in Santa Rosa, California, Empire Runners Club was originally founded in 1975 to support highly competitive racing teams during the “running boom”. Today, the Empire Runners Club supports runners of all fitness levels and experience, ranging from novice beginners to elite athletes. Whatever the goal, club members share a common thread: the enjoyment of running. For more information about Empire Runners Club, visit www.empirerunners.org.

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