



Girls on the Run[®] Sonoma County SoleMates Raise \$3,187

SANTA ROSA, Calif., Jan 7, 2011 – Girls on the Run[®] Sonoma County SoleMates raised \$3,187 through individual fundraising efforts to support the growth of Girls on the Run[®] Sonoma County.

SoleMates participated in the Events with Sole Wine Country Half Marathon on October 10, 2010. A complimentary 13-week comprehensive fitness training program was hosted by Fleet Feet Sports in Santa Rosa and Girls on the Run[®] Sonoma County prior to the 13.1-mile half marathon. As one SoleMate recently said, “When you give back to someone else, you forget about yourself.”

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 and confident young women. For more information about Girls on the Run[®] Sonoma County, visit www.gotrsonomacounty.org.

About SoleMates

SoleMates is the charity-running “leg” of Girls on the Run[®] and uses the power of running to make a difference for young girls. Teams or individuals (men and women) pursue individual goals while raising money to support participants in Girls on the Run[®]. SoleMates can choose any event around the world. An athlete’s personal goals, such as running a 5K, half or full marathon, completing a triathlon, or cycling a 65-mile or century ride can help thousands of young girls live their own dreams. For more information about SoleMates, visit <http://gotrsonomacounty.org/solemates.html>.

PRESS CONTACT

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