

Our SoleMates Program



What is SoleMates?

SoleMates is the adult charity program of Girls on the Run. The program provides male and female athletes of all abilities the opportunity to raise money for Girls on the Run while training for an athletic event of their choice. SoleMates set personal goals such as running a 5K, a half or full marathon, or completing a triathlon to raise critically needed scholarship funds for Girls on the Run Capital Region. By joining Girls on the Run SoleMates, you can play a vital role in ensuring the future success of Girls on the Run programs that impact the lives of young women throughout the Capital Region each year.

Why raise funds for Girls on the Run Capital Region?

Girls on the Run Capital Region maintains our commitment to serve all girls, regardless of financial need. About half of our girls receive full or partial scholarships to participate. By helping raise funds, our SoleMates serve as champions for the hundreds of young girls who would otherwise be unable to participate in this life-changing program.

100% of your donations will go directly to GOTR Capital Region

Girls on the Run Capital Region is a 501c3 organization and all individual donations are tax deductible to the fullest extent of the law (EIN 46-4259194).

Use the power of running to make a difference for girls right here in the Capital Region!

SoleMates Program Options

1. YourChoice SoleMate Program

- You choose whatever athletic event you want.

2. Charity Bib SoleMate Program

- We are proud to be a charity partner of the **Mohawk Hudson River Marathon and Hannaford Half Marathon** for the third year! Please visit our website for additional information.

What is the Commitment?

SoleMates agree to use our free fundraising platform to raise money for Girls on the Run Capital Region.

SoleMates agree to promote awareness of Girls on the Run Capital Region during their enrollment in the SoleMate program.

SoleMates demonstrate the [Core Values](#) of Girls on the Run during the fundraising period and the race itself.

What do SoleMates get in return?

- Easy and free online registration process
- Your own personal fundraising page
- Welcome packet from Girls on the Run Capital Region complete with training guides, fundraising tips, and GOTR branded giveaway items
- Support during your training
- Information about local training programs and resources
- Fundraising prizes, including:
 - A SoleMates technical t-shirt upon reaching the fundraising minimum
 - Additional prizes for reaching higher amounts

YourChoice SoleMates

Becoming a YourChoice SoleMate is Free and Easy

1. Select an athletic event of your choosing. (You are responsible for registering for that event.)
2. Register on our site as a YourChoice SoleMate - You will be asked to provide the date and name of your chosen athletic event, but if you do not have an event selected yet, you can use “undecided.”
3. Use our template to create your own website with a link to our online donation site. The minimum for YourChoice SoleMates is \$150, the amount needed to support one girl’s participation for an entire Girls on the Run season.
4. Promote your page and get your friends and family to donate towards your goal

What if I want to create a SoleMates Team?

It’s easy! When you register, simply select “I’d like to create a team” and follow the registration process. Your team members can do the same and select “I’d like to register on an existing team.” You can set a team goal and work together to raise money. Each team member must raise the individual minimum (for YourChoice SoleMates that's \$150 each).

[Apply Here](#)

Questions?

If you have questions about our SoleMates program, please contact Kim Pietkiewicz, SoleMates Coordinator, at kim.pietkiewicz@girlsontherun.org or 518-635-0828.