

[holt_staf] GOTR 5k**From :** Heidi Gori <gori_h@4j.lane.edu>

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Sender : holt_staf <holt_staf-bounces@4j.lane.edu>**Subject :** [holt_staf] GOTR 5k**To :** holt staf <holt_staf@4j.lane.edu>

Hi Everyone!

Our Girls On the Run team has been working so hard getting ready for our celebratory 5k, and it is getting close! This year they are hosting a 5k in Springfield on June 1st this year, for the 1st time and are opening it to community members to run too! I thought some of you may be interested in joining in! They are also looking for volunteers to help with set up and clean up if anyone might be interested in that as well! Below is all the information for all of the 5ks around Oregon, scroll to the Springfield one for more info and registration!

Heidi

**Dear GOTR Friends,**

We are thrilled to announce our two largest end of season 5K celebrations will be held on June 1st and you're invited! The Girls on the Run 5K is the culmination of each teams' hard work building their endurance and mental resilience over the season. At this joyous event, you will have the opportunity to see Girls on the Run participants dig deep, support each other and cross that finish line! Read below to learn more about each regional 5K and how to get involved!

Portland Metro 5K

Where: [Blue Lake Regional Park](#) (21224 NE Blue Lake Rd, Fairview, OR 97024)

How to get involved:**Volunteer**

Ready to roll up your sleeves to help make 5K day extra magical? Volunteers fill vital roles to ensure this event is a safe and great celebration for 1,200 Portland Metro and Southwest Washington Girls on the Run participants and Running Buddies. Help with setup, registration & check-in, course support, or tear down, with shifts of varied lengths from 7:00 am to 2:00 pm on June 1st. Learn more and sign up [here!](#)

Community Run

Want to join in the fun? Participate in the Community Run! The community run is open to GOTR friends and family AND general community members- you do not need to be a GOTR participants' assigned Running Buddy to run, jog, or walk with us! Your registration fee will help us ensure the 5K is an accessible and high-quality celebration – including supporting

scholarships for Running Buddies, transportation assistance and nourishing finish line snacks. To learn more and register, visit the link below. Not able to join us? You can make a donation [here](#).

Community Run Sign Up

Springfield 5K

Where: [Island Park](#) (200 W B St., Springfield, OR 97477)

How to get involved:

Volunteer

We are thrilled to launch this brand new Girls on the Run 5K Celebration for our growing group of 300 Eugene area Girls on the Run participants and Running Buddies! We are looking for 30+ local volunteers to make the day safe and full of Star Power! Help with set up, registration & check-in, course support, finish line support, tear down and more in shifts of various lengths from 8am to 1pm on June 1st Learn more and sign up [here!](#)

Community Run

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Community Run Sign Up

We cannot wait to celebrate our kiddos and hope you will join us June 1st! Thank you to our presenting sponsors, Hampton Lumber and adidas. Please reach out with any questions!

Love & Sparkles,

The GOTR Team



Girls on the Run of Greater Oregon
503-318-5212
www.gotroregon.org



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Girls on the Run Greater Oregon 2337 NW York St., Suite 202E, Portland OR 97210

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