



SOLEMATES WINDSOR GREEN HALF MARATHON TEAM Training Program

What is 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. Your 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.

- ♥ **make** new friends
- ♥ **make** someone’s life better
- ♥ **make** a difference

You can participate in the Windsor Green Half Marathon Training Program for FREE – a \$99 value – if you register to be a SoleMate!

The Windsor Green Half Marathon Training Program by Fleet Feet Sports includes:

- FREE 8-week comprehensive training plan that includes strength and stretching exercise
- Weekly group runs led by experienced, caring coaches
- E-mail support which cover wellness topics such as nutrition, stretching and race-day tips
- Start line, race and finish line support
- Exclusive tent access on race day

SoleMates also receive:

- Easy online registration process and online fundraising
- Exclusive Girls on the Run SoleMates technical t-shirt
- Incentive prizes for participants exceeding fundraising minimums

Prize Level:

(Monetary awards are non-cumulative)

- \$500 level
- \$750 level
- \$1,000+ level
- Top fundraiser: individual
- Top fundraising: team

Award:

- \$50 gift card to Fleet Feet Sports
- \$75 gift card to Fleet Feet Sports
- \$100 gift card to Fleet Feet Sports
- Spotlight on website, newsletter & Facebook
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JOIN US! Be part of the SoleMates Windsor Green Half Marathon Team!

1. register for the Windsor Green Half Marathon on **May 20, 2012 (training kicks off March 17, 2012)**
2. register as a SoleMate (\$26)
3. raise a minimum of \$262

To learn more, visit www.gotrsonomacounty.org/solemates.



presented by:

