



Girls on the Run[®] Sonoma County SoleMates Raise \$3,150

SANTA ROSA, Calif., Nov. 18, 2011 – Girls on the Run[®] Sonoma County SoleMates raised \$3,150 through individual fundraising efforts to support the growth of Girls on the Run[®] Sonoma County.

SoleMates gained bonus entry access into the coveted Vineman Ironman 70.3 on July 17, 2011, through Girls on the Run[®] Sonoma County. The Vineman Ironman 70.3 triathlon has become one of the most popular and highly competitive triathlons in the world and tours Sonoma County's beautiful wine country. SoleMates trained for the 1.2-mile swim, 56-mile bike ride and 13.1-mile run individually, and they raised funds for Girls on the Run[®] Sonoma County along the way. 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 sports to make a difference for young girls. Teams or individuals 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>.

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