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Meet the GOTR Greater Boston Council Staff

Bethany McDonald became the Executive Director of the Boston GOTR council in January, and is excited about the upcoming season. Before moving to the Boston area she worked in the corporate legal world, and joined GOTR in Cincinnati when she ran the Chicago Marathon as a SoleMate. Since then she's been on the 5k planning committee and a volunteer at 5ks, has trained coaches, and then coached her own team. Read more about her favorite activities, her plans for this season, and what she'd say to a girl hesitant to take the plunge and join.

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What is your favorite activity outside of GOTR?

I enjoy running and cooking. My husband and I love hiking and exploring New England together and with our 2 dogs.

What are you looking forward to most this upcoming season?

This season will be the second 5K we have put on ourselves and it will be held at Boston College. I am so excited to see the girls take over campus and celebrate their accomplishments together!

What do you hope to achieve this year?

I hope to add even more teams for our Fall 2016 season and to increase our fundraising efforts so that every interested girl can be a girl on the run regardless of her family's financial situation.

What do you think the long-term impact of a program like this will be?

GOTR was first started in Charlotte, NC in 1996. Since then many studies have been done on its long-term impact. The studies have shown a positive change in amount of physical activity, self-esteem, and body image satisfaction for participating girls.

What kinds of volunteer opportunities do you have available?

We have several different ways for people to volunteer. Coaching is the biggest time commitment, but we also have one time opportunities such as attending fundraisers and volunteering at our GOTR 5K. The best way to stay up to date on the available opportunities is to join our monthly e-newsletter list, like us on Facebook, and check our website!

What would you say to a girl on the fence about joining?

Go for it! You will make new friends while being a part of something very unique and very special!

Kristen Bonito is the new Program Coordinator for the Boston GOTR council. Originally from Pennsylvania, she first learned about GOTR while living in DC, and joined GOTR as Boston's Fundraising Director before becoming Program Coordinator in February. Here's her take on the exciting upcoming season.

What are you looking forward to most this upcoming season?

This will be my first full season with GOTR so I'm excited to see everything from beginning to end and watch it all come together at the end of the season.

What is your past work experience?

I have a background in event operations and marketing, as well as sales and coaching. I currently do group fitness and personal training on the side along with GOTR so I'm happy I can bring all my experiences together for a great cause with GOTR.

What are your favorite activities outside of GOTR?

I love to cook, bake and eat as well as walk my dog along the beach. Running and working out is fun too!

What do you hope to achieve this year?

I'd love to grow our site locations and program awareness around greater Boston, as well as build successful sponsorship and SoleMate programs.

What would you say to a girl on the fence about joining?

I'd first ask what her hesitations are and try to respond directly to them. But overall, I'd say: You'll build strong relationships with your teammates, and with that strong friendships. You'll learn more about yourself, and you'll realize you can do whatever you put your mind to, plus you'll have a blast. You won't regret it!

[◀ Back to Blog](#)

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