BE YOUR OWN HERO!
FITNESS, EMPOWERMENT &

fun!

Girls on the **run**
chicago

what IS GIRLS ON THE RUN?

Girls on the Run is an after-school program dedicated to creating a world where every girl activates her limitless potential and is free to boldly pursue her dreams. It's a place where girls learn that they CAN. No limits. No constraints. Only opportunities to be remarkable.

who CAN JOIN?

Elementary school girls like YOU!

when DO WE MEET?

Twice a week after school for 75-90 minutes.

Learn more and register at gotrchicago.org!

AS A GIRLS ON THE RUN PARTICIPANT, YOU'LL RECEIVE:

• A program t-shirt
• A water bottle
• A healthy snack at each practice
• A fabulous 5k experience with your friends and family
• An end-of-season gift
• And more!

Contact:

Practice days & times:

Location:

Program Fee:
Financial assistance is available.

Start Date:

5k Date:

Girls on the Run (GOTR) is a non-profit after-school program that uses the power of running to educate and prepare 3rd-8th grade girls for a lifetime of self-respect and healthy living. The program combines training for a non-competitive 5K (3.1 miles) with life skills lessons to build positive physical and social-emotional health in participants.

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