

BE YOUR OWN HERO!
FITNESS, EMPOWERMENT &

fun!



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.

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!

who CAN JOIN?

Elementary school girls like YOU!

when DO WE MEET?

Twice a week after school for 75-90 minutes.

Contact: Heather Martin & Maureen Craig Naples

Practice days & times:
After school Tuesdays & Thursdays

Location: Roosevelt Elementary School

Program fee: \$205

*Financial assistance
is available.*

Start date: Week of March 19

5k date: Saturday, May 19

Learn more at gotrchicago.org



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.

