

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.

Learn more and register at  
[gotrchicago.org](http://gotrchicago.org)!

Contact: [SueSeams@gmail.com](mailto:SueSeams@gmail.com)

Practice days & times: Wed/Fri 4-5:30p

Location: Millennium Elementary

Program Fee: \$205: 10 Week Program

*Financial assistance is available.*

Start Date: Fri, 3/8 - 5/13 (off Spring Break wk)

5k Date: TBD: Mid May

Register NOW through Feb 14<sup>th</sup>:

<https://www.gotrchicago.org/Register-Now>



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.

