

FOR MORE INFORMATION:

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Girls on the Run®-Chicago 5K on November 14

Family Event and First Ever Alumni-Race Presented by the Chicago Fire

Who: For the third year in a row, more than 900 young Girls on the Run participants ages 8-14, will celebrate their “girl power” by running 3.1 miles together with their parents, teachers, and community members in Bridgeview, IL. More than 2,500 are expected to participate in the run and Illinois Attorney General Lisa Madigan will serve as the race’s Grand Marshall. The Chicago Fire Mascot will be on hand for pictures and hugs. Chicago Fire Soccer player appearances are expected.

What: The run is the culmination of the Girls on the Run-Chicago girls’ fall 12-week character-building program which combines training for the 3.1 mile run with self-esteem enhancing, uplifting workouts. In celebration of the 10th Anniversary of GOTRC, new this year will be the “Lil’ Sparks Sprints” to celebrate the future 10 years of Girls on the Run. (This event is for kids 6 and under.) This family event is open to the public and all finishers will receive long-sleeved t-shirt and special draw-string goody bag filled with sponsor premiums. All who run the race will get a race medal. The event features a post run festival with music, games, giveaways and runner snacks.

Registration: Adults (15 and over): \$30.00 – Children (14 and under): \$15.00 (“Lil’ Spark Springs for ages 2 – 6). To register or volunteer, visit www.gotrchicago.org.

When: 9:00 a.m. CT on Saturday, November 14

Where: The USATF certified 5K course starts and ends at TOYOTA PARK, home of the Chicago Fire Major League Soccer Team and finishes inside the stadium. The address is: 7000 S. Harlem Avenue, Bridgeview, IL 60455. Free parking is available in the stadium parking lots.

Why: Proceeds from the event raise money for Girls on the Run-Chicago

Event sponsors include The Chicago Fire, the Village of Bridgeview, American Girl Place, Aloha Document Services, Fleet Feet Sports, Green Monkey Organic Catering, PepsiCo REI, New Balance, Goody, Kellogg’s Frosted Flakes, Secret and many others.

To register for the race or for more information, visit www.gotrchicago.org or email info@gotrchicago.org.

GOTRC is a non-profit 501(c)(3) organization whose mission is to educate and inspire girls for a lifetime of self-respect and healthy living. In the past ten years, thousands of volunteers throughout Chicagoland have given their time and dedicated their hearts to empower more than ten thousand young girls with the confidence and character they need to become strong, healthy women. We celebrate our 10th anniversary with more than 700 coaches mentoring almost 4000 girls at over 200 sites in five Chicago area counties. More than just a running program, GOTRC uses a cutting edge curriculum that addresses the unique developmental stages of pre-teen girls. The fun, innovative program combines training for a 5K event with interactive lessons that encourage positive emotional, social, mental and physical development.

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