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Girls on the Run®-Chicago 5K on June 5
3000 Girls will run their first 5K with their families and community members

Who: More than 2,900 young girls aged 8-12 will celebrate their “girl power” by running 3.1 miles together with their parents, teachers, and community members. Let them inspire you! Everyone is invited to participate or cheer at this event where every girl is “#1”!

What: The Girls on the Run-Chicago Spring 5K is the culmination of the girls’ spring program during which they spent 12 weeks learning skills that help them to develop the confidence and character they need to become strong and healthy women. The program uniquely combines training for a 3.1 mile run with an interactive lesson plan designed to encourage positive emotional, social, mental, spiritual and physical development in pre-teen girls.

This year's run will be a part of a morning full of fun activities. Deejay Bonnie Greene of US99.5 will be on hand to act as Mistress of Ceremonies. The Bally Total Fitness Performance Team will do the event warm up and Girls on the Run coach, and professional singer, Emily Sladek will lead runners in the National Anthem. The event is the largest girl-centered 5K in the US. Post-race entertainment includes a cool-down stretch led by NovaCare Physical Therapy, “Fancy Hair” stations, face painting, tiara decorating, healthy snacks from XXII Kids First Foundation, photos taken by Walgreens, games and giveaways along with visits from Chicago sports team mascots and Kellogg’s Tony the Tiger.

All finishers will receive a special goody bag, finisher’s medal and race t-shirt. To register or volunteer, visit www.gotrchicago.org. The race is registered by the Chicago-area Runners Association (CARA).

The Girls on the Run-Chicago Spring 5K is one of 170 end-of-season Girls on the Run 5K events across the United States and Canada.

When: 9:00 a.m. CT on Saturday, June 5.

Where: The USATF course certified 5K course starts and ends at Montrose Harbor Beach House, located at 4400 N. Lake Shore Drive Chicago. GOTR-Chicago strongly recommends carpooling, using public transportation, or riding your bicycle to the event. Parking is available in the Montrose Harbor Avenue parking lots east of Lake Shore Drive.

Why: Proceeds from the event help raise money for Girls on the Run-Chicago and help expand the program across the Chicagoland area.

Event sponsors include Bank of America, Walgreens, American Girl Place, The Drake, Fleet Feet Sports, XXI Kids First Foundation,, Chicago Parent, Aloha Document Services, LUNA, Stewarts Coffee, Bally Total Fitness, NovaCare Physical Therapy, Edy’s Grand, Honest Tea, Barbizon, Carolina Pad, ChiroOne, New York Life Insurance, New Balance, Goody, Kellogg’s Frosted Flakes, Secret, and many other fabulous supporters.

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

Girls On The Run®-Chicago uses the power of running to change the way girls see themselves and their opportunities. It is an innovative, preventative health education and wellness program that combines training for a 5K (3.1 mile) run/walk with life-changing lessons that inspire a lifetime of self-respect and healthy living.

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