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**Girls on the Run-Chicago Celebrates Healthy Living with their Spring 5K**

*Local race brings together almost 3000 eight-12 year old girls, parents, teachers, friends and running community to celebrate self-respect and inspiration along the way*

**CHICAGO, (April, 7, 2010)** – Girls on the Run®-Chicago announces that on June 5, 2010 almost 3000 eight-to 12-year-old girls will run their first 5K with friends, parents, mentors and many members of the Chicagoland community at the Girls on the Run Spring 5K, beginning at Montrose Harbor Beach House at 9 a.m. This bi-annual run raises money for Girls on the Run®-Chicago, a not-for-profit organization that uses running to educate and inspire girls for a lifetime of self-respect and healthy living.

“After participating in the Girls on the Run Spring 5K, these girls know that they have the power to accomplish anything they put their minds to,” said Betsy Armstrong, Girls on the Run®-Chicago executive director. “It is amazing to see the families and friends from neighborhoods all across Chicagoland celebrating this achievement together as they cross the finish line.”

The Girls on the Run-Chicago Spring 5K is the capstone of the girls’ spring after-school 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. All finishers will receive a special finisher’s medal, goody bag and t-shirt, and proceeds go to expanding the programs across the Chicagoland area.

“Before Girls on the Run, I could hardly run five laps around the school’s field,” said Grace Vargas, 7<sup>th</sup> grader, Hawthorne Scholastic Academy. “After completing the program last year, I now consider myself an athlete. Through Girls on the Run I have learned so many important lessons, but the most important thing it has taught me is to have confidence in myself and to never give up.”

This year's run along the USATF certified 5K course (3.1 miles) will be a part of a morning full of fun activities. 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 NovaCare Physical Therapy will lead post-race stretching. Two thousand spectators will line the course to inspire the runners to do their best. Post-race entertainment includes Goody “Happy Hair” stations, face painting, tiara decorating, nutritious snacks, and fun games and giveaways along with visits from Chicago sports team mascots and Kellogg’s Tony the Tiger. The course starts and ends at Montrose Harbor Beach

House, located at 4400 N. Lake Shore Drive, Chicago. Parking is available in the Montrose Harbor Avenue parking lots east of Lake Shore Drive. To register for the race or for more information go to [www.gotrchicago.org](http://www.gotrchicago.org) or email [info@gotrchicago.org](mailto:info@gotrchicago.org).

Event sponsors include Bank of America, Walgreens, American Girl Place, The Drake Hotel, Fleet Feet Sports, Aloha Document Services, Stewarts Coffee, Children's First Foundation, New Balance, Secret, Kellogg's Frosted Flakes, and many other fabulous supporters.

### **About Girls on the Run-Chicago**

Girls On The Run®-Chicago uses the power of running to change the way girls see themselves and their opportunities. The nonprofit after school program is hosted by more than 165 Chicago area schools. The interactive curriculum builds self esteem and improves physical and emotional health by combining life skills lessons with training for a 5K (3.1 mile) run/walk , the Girls on the Run Spring 5K. More than 4000 girls will participate in the program at schools and community sites across Chicagoland this year.

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