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GIRLS ON THE RUN CHICAGO CELEBRATES THE POWER OF TEN AT GALA
Ten years of preparing girls for a lifetime of self-respect and healthy living through running

CHICAGO –October 20, 2009 – Girls on the Run-Chicago (GOTRC) celebrates its ten-year anniversary this year, having empowered 10,000 girls with the confidence and character they need to become strong healthy women. The organization seeks to raise money for the next 10,000 girls at the city’s premier sports auction and gala on Friday, November 20 at the Park West in Lincoln Park.

GOTRC offers an after school program for pre-teen girls that combines training for a 5K event with interactive lessons that encourage positive emotional, social, mental and physical development. The ten-year anniversary gala seeks to celebrate the 10,000 GOTRC alumna who have already benefited from the GOTRC curriculum with the Power of Ten campaign.

“When exercise becomes a social and recreational activity it can contribute markedly to not only physical health, but also psychological well-being and improvement in self-esteem,” said Betsy Armstrong, executive director, Girls on the Run-Chicago. “This year our goal is to celebrate ten years of providing life-changing programs for the girls of Chicagoland, and to set the stage to successfully enter the next ten years by raising \$100,000 at the Gala.”

During the ten-year anniversary gala, GOTRC will host its popular silent auction and raffle featuring the finest signed sports memorabilia, fitness and adventure items in the city. High-profile items that will be up for auction at the gala include 12-week triathlon training program with Together We Tri, four sessions with famous personal trainer Jackie Warner (of Bravo’s *Work Out*) in LA courtesy of Sky Sport & Spa and A private deluxe café party for 10 at American Girl Place. Additionally, attendees will enjoy premium specialty drinks, passed hors d’oeuvres and music by local favorite, Underwater People.

“Every year, the Chicago-area running community, volunteers, GOTRC staff and sports enthusiasts gear-up for this one-of-a-kind fundraising event,” said Armstrong. “This year we are celebrating the Power of Ten, the past, present and future of Girls on the Run-Chicago.”

All gala proceeds directly benefit Girls on the Run-Chicago programs. Funds raised underwrite program scholarships for needy families and support program expansion in low-income communities. Tickets start at \$125 for gala admission. For more information on the Girls on the Run 10th Anniversary Gala or to purchase tickets, please visit <http://www.gotrchicago.org/gala/> or call Girls on the Run-Chicago at 773.342.1250.

Major sponsors for the event include Takeda Pharmaceuticals, Perkins Investment Management, and WeSeed.

About Girls on the Run - Chicago:

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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