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**Girls on the Run-Chicago Named as a Finalist for Humana Communities Benefit \$100,000 Signature Grant**

*Nonprofit organization looks to bring healthy lifestyles to eight – twelve year old girls and their families*

**CHICAGO, (October 1, 2010)** – Girls on the Run®-Chicago announces that they have been named a finalist for the Humana Communities Benefit Signature Grant. Humana Communities Benefit is a charitable-giving program that awards a one-time \$100,000 grant to a nonprofit 501(c)(3) organization focused on improving health experiences or building healthy communities.

“It is an honor to be one of three finalists for this prestigious award,” said Betsy Armstrong, Girls on the Run®-Chicago executive director. “We would love the opportunity to extend the reach and impact of our program by engaging the girls’ parents and family members.”

Girls on the Run – Chicago is seeking this grant to fund the Healthy Family Lifestyles Program, a new initiative that will be piloted in this fall and begin in spring 2011. This program would be a companion to the already successful Girls on the Run after school program, which is hosted by nearly 200 Chicago area schools. Because parents play such an important role in the development of healthy lifestyle choices for their children, Girls on the Run – Chicago hopes to create a program that will reinforce the lessons in the Girls on the Run after school program and help entire families become healthy and active.

“The lessons in this program will provide parents and families with much-needed information about healthy lifestyle choices,” says Armstrong. “By the end, each family will be prepared to run a 5K race together. Crossing the finish line will be a huge celebration!”

The Humana Communities Benefit Grant recipient will be announced on October 7, at a reception to honor the finalists. For more information about the Humana Communities Benefit Grant, visit [www.humana.com/resources/about/corporate/hcb/](http://www.humana.com/resources/about/corporate/hcb/). To learn more about Girls on the Run – Chicago, go to [www.gotrchicago.org](http://www.gotrchicago.org) or e-mail [info@gotrchicago.org](mailto:info@gotrchicago.org).

**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 almost 200 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 New Balance Girls on the Run – Chicago 5K presented by the Chicago Fire. More than 4000 girls will participate in the program at schools and community sites across Chicagoland this year.

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