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Program Facts & Highlights

Girls on the Run-Chicago is a life-changing after school program for 3rd-8th grade girls. We use the power of running to help prepare girls for a lifetime of self-respect and healthy living. Volunteer coaches use an interactive curriculum that combines uplifting workouts with self-esteem enhancing lessons that develop the whole girl: her physical, mental, emotional and social self. Young girls are empowered with a greater self-awareness, a sense of achievement, and a foundation in teamwork to help them become strong, content and self-confident women.

Through our 12 week program, we not only prepare girls physically and mentally to complete their first 5K (3.1 mile) run, but also prepare them for life through lessons such as handling bullies, combating negative body images in the media, making healthy choices and engaging in community service. The program culminates in the Wondergirl 5K, a semi-annual run with thousands of participants from across the Chicago area.

During the 2007-2008 school year, Girls on the Run-Chicago:

- Served 2326 girls
 - 33% Latina; 29% African American, 5% Asian, 42% White
 - Over 50% from low income families
- Boasted 100 sites
 - 76 public schools (34 CPS)
 - 17 non-public schools
 - 7 community sites (park district, boys and girls clubs etc.)
 - Cook, Lake, DuPage, Kane and Will counties
- Trained 373 volunteer coaches

Girls on the Run-Chicago is an affiliate of Girls on the Run International (www.GirlsOnTheRun.org), which serves more than 40,000 girls through 120 local chapters across the U.S. and Canada.

Takeda WonderGirl 5K

Nearly 2,000 girls, ages 8-12, will run their first 5K at the Takeda Wondergirl 5K Fun Run, the capstone of the Girls on the Run season. They'll be joined by parents, coaches, mentors, friends and other supporters from across Chicagoland, bringing the total number of participants to more than 4,500. The run begins at Montrose Harbor Beach House at 9 a.m. on Saturday, June 7th.

For more information or to register for the Wondergirl 5K, visit www.gotrChicago.org.