



# Girls on the Run is for EVERY girl. It's Fun. It's Effective. See for yourself!

**AS A GIRLS ON THE RUN PARTICIPANT, YOU'LL RECEIVE:**

- A program t-shirt
- A water bottle
- A healthy snack at each practice
- A fabulous 5k experience with your friends and family
- An end-of-season gift
- And more!

## what IS GIRLS ON THE RUN?

Girls on the Run is an after-school program dedicated to creating a world where every girl activates her limitless potential and is free to boldly pursue her dreams. It's a place where girls learn that they CAN. No limits. No constraints. Only opportunities to be remarkable.



**Learn more and register at [gotrchicago.org](http://gotrchicago.org)!**

**Location: Jane Addams School**  
**Practice Days: Monday and Thursday**  
**Time: 3:30 p.m.- 4:45 p.m.**  
**Fees: \$35**  
**Start Date: February 24, 2020**  
**5K Date: Sat. in late May/early June**  
**Contact: Joanne Smith @ [joanne.smith@maywood89.org](mailto:joanne.smith@maywood89.org)**

Girls on the Run (GOTR) is a non-profit after-school program that uses the power of running to educate and prepare 3rd-8th grade girls for a lifetime of self-respect and healthy living. The program combines training for a non-competitive 5K (3.1 miles) with life skills lessons to build positive physical and social-emotional health in participants.

