

Kingsley Elementary

*INSPIRING GIRLS TO DEFINE THEIR OWN LIVES
ON THEIR OWN TERMS*



HOW TO SIGN UP

Registration is open. Go to www.gotrchicago.org and click the "Register" button for "Spring 2020 Program. Both English and Spanish online registration is available. If you are unable to register online call our bi-lingual (English and Spanish) call center at 312-224-8385. The program fee is \$100 and scholarships are available and can be applied for during the registration process.

WHAT IS IT?

A great way for you to hang out with your friends (and make new ones!), be active, build confidence and healthy habits, and learn how to celebrate all that makes you unique! Each week you'll take part in training and activities that will help build endurance for a celebratory 5K running event.

WHO IS IT FOR?

YOU, if you are a 3rd to 5th grade girl. YOU, if you like to have fun, play running games, and like to challenge yourself. YOU, even if you have never run before!

YOU MAY WONDER...

Do I already have to be a runner? NO!

What if I don't know any of the girls? That's OK - you'll quickly get to know your teammates!

As a team member of Girls on the Run you'll get...

- A colorful t-shirt
- A water bottle
- Great snacks at meetings
- To run with your friends in a real 5K!

Every Girl Needs a Running Buddy

Each girl is required to have a Running Buddy; a parent/guardian, relative, neighbor, family friend, etc. that will that run and/or walk with her during the end-of-season 5K. They are responsible for ensuring her safety during the event both on and off the course. Anyone, male or female, 18 years or older and associated with your girl can fulfill this role (16 years is acceptable if Running Buddy is a sibling). All Running Buddies are required to complete a separate registration form and pay the \$35 5K registration fee.

Season Calendar

The season begins March 4th, 2020 and we expect the Girls on the Run 5K will be announced by the HQ office within the next couple of weeks. (Usually, it is held on a Saturday in May or June, at Butler Field at Grant Park, 235 S. Columbus Drive, Chicago, IL.)



Program meeting days and times (rain or shine!)

Practices begin on March 4th, 2020 and will be held on Wednesdays and Fridays, 3:35 pm - 5:00 pm. Participants must be available to practice BOTH days weekly throughout the season.

Meeting Place: Kingsley Elementary (indoors during inclement weather)

For more information please contact: Lee Copeland, Girls on the Run Site Coordinator, at leeacopeland@gmail.com, or (773) 301-6815.