

FOR: 3rd - 5th Grade Girls

WHEN: Season begins in the Spring (Dates/Times TBD)

DISCRIPTION:

Girls on the Run-Chicago (GOTRC) is a non-profit 501(c)(3) organization dedicated to education and preparing girls for a lifetime of self respect and healthy living. GOTRC is a safe, trusted and proven program built to help young girls learn confidence, commitment and lifelong self-respect through education and physical activity. Learning programs which combine training for 5K (3.1 mile) running event with lesson plans designed to promote positive choices and an active lifestyle are used.

We are also looking for volunteer coaches! Training provided! Please contact Trish Ryan trishryan3@comcast.net or Kristi Braun braunkristi@aol.com if interested.