



Combining Mind, Body and Soul

Young girls get a head start on marathon training and see the fruits of their labor at the second annual WonderGirl 5K on June ...

Young girls get a head start on marathon training and see the fruits of their labor at the second annual WonderGirl 5K on June 3 at 9 a.m. organized by the non-profit group Girls on the Run. Their after-school health education program combines training for the 5K event with self esteem enhancing lessons for girls 8 to 12 years old.

"The idea of working personally toward a goal is very empowering," says Kelly O'Brien, executive director of Girls on the Run and event director for the 5K. "It's not about speed or winning but doing something new."

They, along with other youth, parents, coaches, teachers and Chicagoland runners, start and finish at Montrose Harbor Beach house, 4400 N. Lake Shore Drive in Chicago.

Race participants receive a T-shirt, medal and a goody bag, and have access to post-race festivities, such as food and entertainment. Awards will also be given to the top three male and female racers. Registration is \$25 for adults and \$10 for youth under 14 years old. Packet pick-up will be available at the Lincoln Square Fleet Feet, 4555 N. Lincoln Ave., on May 30 and 31, and at the Pipers Alley Fleet Feet, 210 W. North Ave., on June 1 and 2. Race-day registration, if space is available, will cost \$35 for adults and \$20 for youth, but the race is limited to 2,500 runners, so sign up early. For more information, visit www.gotrchicago.com.