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FOR IMMEDIATE RELEASE

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Four Girls from Girls on the Run-McHenry County (GOTR-MC) Take Community Service Project to the Next Level to Provide Thanksgiving Meals

Crystal Lake, IL – Inspired by the “Community Begins with Me” portion of the 24-lesson curriculum of Girls on the Run, four nine-year-old GOTR-MC participants from Cary decided to continue the lessons learned and came up with a plan to raise funds for Thanksgiving meals provided through the Crystal Lake Food Pantry.

During the seven lessons on community involvement, all of the Girls on the Run participants came up with a project that they could do together that would serve the community. One group of girls, who meet on Mondays and Wednesdays decided to collect extra Halloween candy for kids who live at PADS and were unable to go trick-or-treating. The Tuesday/Thursday group collected canned goods for PADS and additional candy.

After hearing how \$12.50 could provide a Thanksgiving meal for a family through the food pantry, four of the Tuesday/Thursday girls decided to start doing chores to raise money and also began spreading the word on how so little could do so much. In just two weeks they have raised enough money to provide six meals.

“Girls on the Run is an amazing program, because not only does it focus on the girls and respecting themselves and others, but it provides them with an opportunity to understand how to work as a community and how one person can truly make a difference” says Raechel Sowa, the mother of a Girl on the Run, and volunteer Program Manager for Girls on the Run-McHenry County. “I was amazed when I saw these nine year-old girls come up with this idea and put a plan into action – all based on a Girls on the Run lesson that taught them how to come up with a community service project plan.”

Girls on the Run-McHenry County is finishing up their first season and all seventeen girls will be celebrating their achievement by participating in the Panting for Paws 5K on Sunday, November 11, 2007 at Lippold Park at 9:15 a.m.

Girls on the Run-McHenry County (GOTRMC), a new community not-for-profit organization, is an after school program that uses the power of running to help prepare young girls for a lifetime of self-respect and healthy living. Through interactive activities such as running, playing games, and discussing important issues (such as bullying, gossip, healthy life choices) participants learn how to celebrate being girls.

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