

February 15, 2019

# CHICAGO RUN NEWS



**Check out what's happening at Chicago Run!**

Dear Chicago Run Family,

I'm honored to be writing to you for the first time as Chicago Run's new Executive Director – and at such an exciting time for the organization! We're poised to reach over 18,000 children and youth this year, from Pre-K through high school and beyond, our largest reach yet. We've expanded our programming outside of the classroom to provide more young people with equal access and opportunities to be healthy, including residents at the Cook County Juvenile Temporary Detention Center and intergenerational community members at the Oakley Square Housing Development.

We know that many of the communities with whom we partner experience disproportionately high disparities in health outcomes. Chicago Run is committed to addressing those inequities through our high-quality, enriching physical activity programs. In addition to bolstering the physical health of young people, Chicago Run builds critical social-emotional skills and instills confidence and leadership abilities – all of which translate to better life outcomes. Our work also fosters inclusivity and combats gaps in sports participation. In honor of Black History Month, please see the articles below to learn more about the intersection of sports and racial equity, and read about athletes and leaders making a difference.

Thank you again for your support and commitment to advancing health and wellness. I'm excited to embark upon Chicago Run's next stage of impact, together.

In partnership and gratitude,

A handwritten signature in black ink, appearing to read "Danya Rosen".

Danya Rosen, Executive Director

## Articles:

[10 Amazing Black Women Athletes You Should Know About](#)

[NHL expands 'Hockey Is For Everyone' campaign](#)

[Kamau Murray's goal for an inclusive youth tennis center in Chicago](#)

## Tickets on sale!!



### 11th Annual Little Steps, Big Stars Gala

Friday, May 3, 2019 • 7 - 11pm

Galleria Marchetti (825 W. Erie St.)

Join us as we celebrate another year of Chicago Run programs! Our annual fundraising event, *Little Steps, Big Stars*, is a lively evening cocktail reception featuring dancing, heavy hors d'oeuvres, signature cocktails, a silent auction, and brief speaking program.

Early bird tickets on sale now!

### Winter Refuel: Runn-a-thon & Happy Hour

Thursday, February 28, 2019 • 5-9pm

Runn Chicago (918 N. Ashland Ave.)

Join Chicago Run's Next Generation Board for their 7th annual fundraiser. This awesome group of young professionals will gather teams of up to 4 friends to put their running skills to the test for a 45 minute running relay. Spectators will cheer on the teams while enjoying food, drinks, and raffle prizes, so non-runners are welcome to enjoy the evening as well!

## Physical Literacy Training



Chicago Run has started a partnership with Mind and Movement Partners (MMP) to broaden the scope of physical literacy concepts applied to existing Chicago Run programs. MMP has a goal to enhance robust programming across sectors which help define, value, integrate, and sustain the concepts of physical literacy into the way people live, work, and move. MMP founding CEO, Sarah Cahill, led a training around physical literacy concepts with Chicago Run staff in January.

The same way reading literacy opens up the doors of opportunity, physical literacy opens up the doors of physical activity and opportunity. Physical literacy helps to build a foundation where people have a disposition toward movement, are inspired to move and "lace up." Chicago Run continues to enhance our approach to improve the health and well-being of Chicago children.

## Running Mates Winter Field Trip

Tuesday, February 26 - 5:30pm - National Teachers Academy

All 19 *Running Mates* teams will be getting together for an indoor field trip where participants will stay active alongside their peers by engaging in unique hip-hop yoga and zumba activities. There will be some fun team-building activities with students from other schools interacting in an environment that promotes healthy cross-community relationships.



## St. Paddy's 5k

Saturday, March 16 - 9am - Lincoln Park

Participants in our *Running Mates* program have been training all winter for this St. Paddy's themed race. Join us as a running buddy or cheerleader to help them cross the finish line!

Please email [james@chicagorun.org](mailto:james@chicagorun.org) for more information about volunteering.



## **Interested in running the 2019 Chicago Marathon?**



Join Team Chicago Run for the 2019 Bank of America Chicago Marathon and guarantee your race entry, receive free summer training, attend team training events, get awesome Chicago Run gear, and more!

Email [casey@chicagorun.org](mailto:casey@chicagorun.org) for more information about how you can join Team Chicago Run today!



## Want to join the Chicago Run team?

We're looking for a part-time Up2Us Coach to join our staff and help us implement high-quality youth running programs for thousands of Chicago youth.

[Please see the full job description here.](#)

Visit our website

Donate

Stay connected:



## Chicago Run

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