

May 29, 2019

CHICAGO RUN NEWS



May is Mental Health Awareness Month

"When I am at practice and running, I feel like I have a clear mind, that it gives me a sense of peace. I also feel like on the mornings I have Chicago Run practice that I'm able to pay better attention in class."

Deontae (picture here, on the left) is a [Running Mates](#) program participant in the Austin neighborhood. Taking part in our after school program has impacted not only his physical health, but his sense of well-being and mental health. Sports – and running in particular – has a meaningful impact on mental health. In addition to the physical benefits, running builds resilience to stress and fosters healthy brain development. Regular physical activity not only boosts mood, but can increase memory, positively affect long-term mental health, and improve concentration and sleep.



According to Deontae, *"[Chicago Run] gave me an extra-curricular to get involved in and look forward to. It is something that I look forward to and makes me happy."*

[Articles about Fitness and Mental Health:](#)

[Mind and Fitness: How Exercise can improve your mood](#)

[Playing Teen Sports May Protect From Some Damages Of Childhood Trauma](#)

[Regular Exercise changes the brain](#)

[2019 Little Steps, Big Stars Gala Recap](#)

Thank you to everyone who joined us on May 3rd to celebrate Chicago Run's impact on over 18,000 young people! Our annual *Little Steps, Big Stars* gala made over \$220k with nearly 350 guests in attendance. We



were also delighted to present Dr. Ngozi Ezike, Director of the Illinois Department of Public Health, and Enlace Chicago with this year's *Go the Distance* awards.

In case you missed us on May 3rd, you can still [donate here](#).

[Click here](#) to check out the video that premiered at the gala featuring one of our youth leaders, Celeste Pedroza.

JTDC Race Recap

On Wednesday May 15, we wrapped up our spring season of running programs at the Cook County Juvenile Temporary Detention Center with a 3k race. Participants ran alongside Chicago Run staff and JTDC recreation staff on a course inside the facility, complete with an inflatable Start/Finish Line arch. Thank you to Nike for donating sports bras and to our supporters who donated running shoes for residents to wear for practice and the race!



Upcoming Events



Spring 2019 Fun Run

Washington Park (5700 N Russell Dr)

Saturday, June 1, 2019 • 9am-11am

Chicago Run hosts a 1-mile Fun Run each spring and fall to celebrate our program participants and their families. Over 4,000 Chicago Run participants, family members, school staff, and volunteers come together in Washington Park to celebrate fitness and community.

Email veronica@chicagorun.org if you are interested in volunteering.



Illinois Brewery Running Series, Global Running Day

Goose Island (1800 W Fulton)

Wednesday, June 5, 2019 • 6:30-9:30pm

Chicago Run is one of the beneficiaries of the 2019 IL Brewery Running Series races. Join our Next Generation Board at this 5k run to celebrate Global Running Day and give back to Chicago Run! Participants receive a free craft beer and great swag.

Limited spots remain! [Click here](#) to

register.

Want to join the Chicago Run team?

We're looking for people to join our staff and help us implement high-quality youth running programs for thousands of Chicago youth.

- Program Coordinator
- Up2Us Half-Time Coach

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

[Visit our website](#)

[Donate](#)

Stay connected:



Chicago Run

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