



## Running Mates: 2020-2021 Program Fees & Offerings

The *Running Mates* program utilizes running and physical activity to improve the social and emotional well-being of middle and high school age youth. This program provides an inclusive and non-competitive environment in which young people work towards completing a local 5k race, while developing a positive self-image, promoting goal-setting, and building relationships with peers and positive mentors.

### Events

- Chicago Run will organize and finance field trip(s) to promote team building and participation in 5K races (remote or in-person)
- Chicago Run will organize and finance all transportation for in-person events

### Training and Staff Support

- A *Running Mates* coach will be identified at your school/site and a coaches' training will be conducted prior to each program season
- Chicago Run staff will communicate with your school on a regular basis (over the phone, via e-mail, via site visits)
- Chicago Run will provide a coaching stipend for a site-based staff member to lead three hours of practice per week, during each 7-8 week season, manage team paperwork, and attend each field trip and 5k race



### Equipment Provided

- Chicago Run will provide materials that teach health and fitness in addition to supplying lessons and activities that promote leadership qualities
- Chicago Run will provide each school with fitness equipment and digital training materials

**Note:** In response to Covid-19, Chicago Run understands that flexibility is required and is thoughtfully preparing to offer both virtual and/or in-person programming as needed based on CPS guidelines. We are also adding safety measures to ensure that all participants and staff get optimal physical and mental health benefits while reducing the risk of exposure.

### 2020-2021 Running Mates Costs

Team Participants	Program Cost (Per Season)
10-20 Participants	\$1,000

**Chicago Run is an approved CPS Recess and Health & Wellness Vendor (Vendor #85881).**  
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