

# Association House Run Club 2025



**Join the Association House Run Club and race for a cause.**

## **RUN CLUB 2025**

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### **Run Club Contact**

Jennifer Sheridan

Development Specialist

[jsheridan@associationhouse.org](mailto:jsheridan@associationhouse.org)

773-772-8203 Ext. 9101

# OUR MISSION

Bridging systemic gaps, Association House advances each person's full participation in the lives of their family, in community, and in society.



## FUN-RAISE WITH US!

By joining, you're running for yourself, your health and your neighbors. Lacing up means someone in Chicago gets the mental healthcare they need, the affordable housing they need, the second chance they need to hit the ground running in their life. With us, you'll be asked to:

1. Run (2) races per year, including a Choose-Your-Own option.
2. Raise at least \$250 per race, or \$500 total for one year.



## YOUR IMPACT



**7,000**

individuals impacted annually



**100**

students on-track to graduate



**100**

adults in job training



**400**

adults in substance use recovery



**300**

children in safe homes



**700**

people receiving mental health supports

# RUN WITH US!



## WHY JOIN?

- Club-provided training plans for 5K, 10K, or half marathon runs
- Awards and incentives for top fundraisers
- Exclusive AHC swag and invitations to special events
- One-on-one fundraising support and resources
- Online community of runners to keep you on track to your goals



## COMMITMENT

- 4 training cycles (8-12 weeks) per year, each followed by a race (5K/10K/Half Marathon).
- 3-6 mile group runs take place every other week, Saturdays 11am-1pm.
- Where We Run: The 606 on the West Side (Bloomingdale Trail)
- Raise at least \$250 per race, or \$500 total for one year



## HOW TO JOIN

1. Fill out [interest form](#).
2. Create a Strava account, our social network fitness app with training plans, mapped routes, and leaderboards, to receive a club invite
3. Run with us! Our first run will take place on February 8th.



[tinyurl.com/runclub-2025](https://tinyurl.com/runclub-2025)