



Free Timed Runs!

**One Mile & 5k Community Runs.
Saturdays at 9:00am. All Ages.**

Join us!

Pre-registration required.

Register in advance at Cararuns.org/GoRun. Participants must register for each date they plan to attend.

Pre-registration opens and closes:

One week prior to each 'Go Run on Friday.

- Saturday, March 1** **Warren Park**
6601 N. Western Ave.
- Saturday, March 8** **Humboldt Park**
1440 N. Humboldt Blvd
- Saturday, March 15** **63rd Street Beach**
6300 S. DuSable Lake Shore Dr.
- Saturday, March 22** **Horner Park**
2741 W. Montrose Ave.
- Saturday, March 29** **Columbus Park**
Jackson Blvd. & Golf Dr
- Saturday, April 5** **Marquette Park**
6743 S. Kedzie Ave.
- Saturday, April 12** **Douglass Park**
1401 S. Sacramento Dr.
- Saturday, April 19** **Warren Park**
6601 N. Western Ave.
- Saturday, April 26** **Humboldt Park**
1440 N. Humboldt Blvd.
- Saturday, May 3** **Big Marsh Park**
11555 S. Stony Island Ave.
- Saturday, May 10** **Horner Park**
2741 W. Montrose Ave.
- Saturday, May 17** **Garfield Park**
Woodward & Music Ct.
- Saturday, May 24** **Jackson Park**
1686 E. Hayes Dr.
- May 31** **Bye Week**
No 'Go Run
- Saturday, June 7** **Washington Park**
5700 S. Russell Dr.
- Saturday, June 14** **Columbus Park**
Jackson Blvd. & Golf Dr.
- Saturday, June 21** **Calumet Park**
9801 S. Avenue G
- Saturday, June 28** **Warren Park**
6601 N. Western Ave.
- Saturday, July 5** **Humboldt Park**
1440 N. Humboldt Blvd.

- Saturday, July 12** **Jackson Park**
1686 E. Hayes Dr.
- Saturday, July 19** **Horner Park**
2741 W. Montrose Ave.
- Saturday, July 26** **Marquette Park**
6743 S. Kedzie Ave.
- Saturday, August 2** **Big Marsh Park**
11555 S. Stony Island Ave.
- Saturday, August 9** **Douglass Park**
1401 S. Sacramento Dr.
- Saturday, August 16** **Humboldt Park**
1440 N. Humboldt Blvd.
- Saturday, August 23** **63rd Street Beach**
6300 S. DuSable Lake Shore Dr.
- Aug. 30** **Bye Week**
No 'Go Run
- Saturday, September 6** **Washington Park**
5700 S. Russell Dr.
- Saturday, September 13** **Warren Park**
6601 N. Western Ave.
- September 20** **Bye Week**
No 'Go Run
- Saturday, September 27** **Horner Park**
2741 W. Montrose Ave.
- Saturday, October 4** **63rd Street Beach**
6300 S. DuSable Lake Shore Dr.
- October 11** **Bye Week**
No 'Go Run
- Saturday, October 18** **Garfield Park**
100 N. Central Ave.
- Saturday, October 25** **Warren Park**
6601 N. Western Ave.
- Saturday, November 1** **Humboldt Park**
1440 N. Humboldt Blvd.
- Saturday, November 8** **Jackson Park**
1686 E. Hayes Dr.
- Saturday, November 15** **Horner Park**
2741 W. Montrose Ave.

Who can participate?

'Go Runs are open to anyone who wants to race, run, jog or walk a 1 Mile or 5K in their local park. Those under 18 must have their parent or guardian sign the participation waiver.

Can I run and be a volunteer?

Yes, you may choose to run certain 'Go Runs and volunteer at others. Or, you may also volunteer for pre-run duties, such as set-up, registration and or timing tag pick up, then do the run.

Can I bring my kids?

Yes, 'Go Runs are open to all ages. Parents/Guardians are responsible for the supervision and safety of their children. If your children are 10 or under please accompany your child throughout the run.

Can I run with a stroller?

Yes, but for safety reasons those with strollers please line up behind other participants at the start. Through the run please stay aware of your surroundings as the park paths are not closed for these events.

Can I run with a dog?

Yes, if your dog is friendly and well behaved in large groups you're welcome to bring your dog. Please have your dog on a leash, abide by all Chicago Park District regulations, and line up behind other participants at the start.



Is this a race?

No, this is not officially a race. However, you can run as hard and as fast as you would like to just like a race. There are no competitive awards. 'Go Run will keep track of the course records. Results will only be posted online at Cararuns.org/GoRun

Do I need to register for each run individually?

Yes, you need to register for each 'Go Run. Register at Cararuns.org/GoRun. Runners may not run under another runner's registration at any time

Can I participate in a wheelchair?

Yes, please join us! Additional information at Cararuns.org/GoRun.

Can I run at different parks?

Yes, you are welcome to explore all 'Go Run parks. You will receive a timing tag at your first 'Go Run. Bring this timing tag to ever 'Go Run you attend.

What about bikes, scooters, roller blades, hand cycles and other wheeled vehicles?

No, 'Go Runs are for those on foot only (except for those in wheelchairs and strollers).



STAY CONNECTED. #GoRun



For more information about your Chicago Park District, visit www.ChicagoParkDistrict.com or call 312.742.7529.

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