



JOIN GIRLS ON THE RUN!

# heart & sole

Heart & Sole helps girls find their place. Trained coaches lead 6th-8th graders to inspire them to value what makes them unique. Together, teams uncover confidence and understand the importance of physical and emotional health. Girls work on setting goals through exercises and discussions. Each season ends with a non-competitive 5K, where participants celebrate who they are, how far they have come and where they want to go.



## PRACTICE DETAILS:

Temple Hill Academy

Tuesdays and Thursdays from 3- 4:30pm

Season starts: 9/24 and ends with a non-competitive community 5K on Nov 16th

SIGN UP!

## Registration:

- Online registration open August 1st
- Teams are limited in size and fill on a first-come, first-served basis
- Registration fee: \$180
- Through generous donations, GOTR provides financial assistance on a sliding scale based upon annual household income. Financial assistance can be requested and applied automatically within the online registration form

