

# THE FINISH LINE IS JUST THE BEGINNING



heart & sole

Heart & Sole was made for middle school girls like you! Heart & Sole meets twice a week after school for 10 weeks. We'll talk about things you want to talk about, run, laugh, dream, and lots more! Heart & Sole is a program from Girls on the Run International for girls in 6<sup>th</sup>-8<sup>th</sup> grade.

For more information visit: [www.gotrlehighvalley.org](http://www.gotrlehighvalley.org)

Heart & Sole will be held on Tuesdays and Thursdays 3:05pm- 4:35pm, NITSCHMANN MIDDLE SCHOOL

- Registration open 9/1-9/15. Register at: [www.gotrlehighvalley.org](http://www.gotrlehighvalley.org)
- Season starts 9/18.
- End of season 5k – Saturday, December 1st – 9:00am – DeSales University
- Participants must be able to attend both practice days each week.
- Registration fees are based on Household Income. Fees include Program shirt, water bottle, lessons materials, 5k entry, 5k shirt, end of season party and much more! See reverse.
- Questions? Contact Liz Fones, GOTR Program Manager, [fones@diakon.org](mailto:fones@diakon.org)

brain heart social body spirit