



# Heart & Sole registration is now open!

We inspire girls in the 6th – 8th grades to be joyful, healthy, and confident. The Heart & Sole program for middle school girls combines training for a 5K with an interactive curriculum to develop self-respect and healthy lifestyles.

Registration is now open at [GOTRPhiladelphia.org](http://GOTRPhiladelphia.org) and is on a first come, first serve basis. The registration fee is \$10-175 based on scholarship qualification.



"I learned to always be positive, respect myself and others and cheer for everyone!" -Girls on the Run participant

## **Kendrick Recreation Center**

Season begins: Week of September 22

Practice schedule: Mondays & Wednesdays, 6:00 – 7:30 PM

For more information please contact:

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Carrie Peck at [carrie.peck@girlsontherun.org](mailto:carrie.peck@girlsontherun.org).

End of Season 5k: Sunday, December 8, 2019



For registration or more information:

[gotrphiladelphia.org](http://gotrphiladelphia.org)