



I can... be creative, have fun, laugh, try new things, run a 5K, feel more CONFIDENT, grow. BE totally ME!

heart & sole

Heart & Sole is Girls on the Run's program for middle school girls!

Register online at:

www.gotrgreaterhartford.org

January 7th – February 15th

Registration fees are \$0 - \$160 based on a family's enrollment in the free and reduced lunch program and/or documented financial need. Scholarships available!



Season Dates:

- Begins the week of February 25th
- Ends with a celebratory 5K on Saturday, May 18, 2019

Location:

North Haven Middle School

Meeting days and time:

Tuesdays & Thursdays, 2:30-4:00 pm



For more information contact Stacy at:
swartz.stacy@northhavenschools.org
or visit www.gotrgreaterhartford.org