



www.girlsontherunwesternma.org



GIRLS ON THE RUN'S HEART & SOLE TEAM

Registration is open now at www.girlsontherunwesternma.org

Spring 2019

Heart and Sole inspires 6th-8th grade girls to be joyful, healthy, and confident using a fun, experienced based curriculum which creatively integrates running.

NO RUNNING EXPERIENCE IS NECESSARY!

Meeting twice weekly, each lesson integrates games and a workout geared towards preparing participants to complete a 5K. Trained volunteer coaches, lead teams through a curriculum that teaches valuable life lessons such as:
**SETTING GOALS • ESTABLISHING A HEALTHY LIFESTYLE • RESISTING PEER PRESSURE
PREVENTING BULLYING • CHOOSING GOOD FRIENDS • SERVING THE COMMUNITY**
Space is limited to 15 girls and teams selected by lottery.

Team Information:

WHERE: Great Falls Middle School
WHEN: Begins March 11th for 10 weeks ending with GOTR 5K in June
PRACTICE DAYS/TIMES:
Mon/Tues 2:30-4pm
COST: \$150 to \$5. No girl turned away. We offer a sliding scale when you register. Register at:
www.girlsontherunwesternma.org
For more information: Alison Berman, 413 687-2726,
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or Ms
Krems, emily.krems@gmrdsd.org

