

OVER

ACHIEVER

Heart & Sole is for any girl brave enough to be herself. Join us for a journey that will empower you to tap into your strengths and learn new life skills. Every week, we'll run, laugh and learn about what makes each other tick. The program ends with a celebration of how far you've come... and a 5K that will remind you that you can crush any goal you set your mind to.

Registration Opens

February 8, 2022

Season Starts

Week of March 14th

Teams meet twice a week

End of Season Celebration

Saturday, May 14, 2022



Location: **Stanton Middle School**

Days & Times: **Mon & Wed / 2:45 - 4:00pm**

Open to girls in grade: **6th - 7th grade**

Contact: **Paula Wallace**

pwallace@kentschools.net



Register online at www.gotrneo.org
or by phone at **(234) 206-0786**

Interested in being a volunteer?
Please contact Girls on the Run
to learn how to get involved.



[@gotrnortheastohio](https://www.instagram.com/gotrnortheastohio)



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northeast ohio

Registration fees are based on a sliding scale and scholarship funds are available to all participants in need.

Contact us at 234-206-0786 to learn more!