



A Girls on the Run[®] program for Middle School girls in 6th-8th grades

Fall 2017

Heart & Sole[®] is a 10-week afterschool program designed to meet the unique needs of middle school girls. Rich with themes that girls can relate to, the curriculum addresses the whole girl – body, brain, heart, spirit and social connection – and builds important life skills. Physical activity is a core element of this Girls on the Run program. The season culminates with a 5K Celebration event on Saturday, November 18th.

The Fall 2017 program will be held at Timberlane Regional Middle School on Tuesdays and Thursdays, 2:15-3:45 pm, beginning on Thursday, September 7th.

Why join Heart & Sole[®]?

Have fun with other girls while you exercise, share experiences and challenge yourself to become physically and mentally stronger.

Set goals for yourself about making healthy choices that are best for your body.

Learn more about being a good friend and helping others in your community, while you get to know your teammates and yourself a little better.

Who is it for? Girls in grades 6-8 of ALL fitness ability levels. Prior running experience is not necessary.

To register, or for more information, please visit our website:

www.girlsontherunnh.org

or contact Kelley Binette at Kelley.Binette@timberlane.net for more information.

**Online lottery registration will open on August 1st. Lottery registration will close on August 14th at midnight and families will be notified via email on August 15th of their registration status. For any teams with spots still available, registration will re-open on August 15th on a first-come, first-serve basis.
Space is limited to 15 girls per team.**

10-Week Program Registration Fee: \$129

Scholarships are available

To apply for a scholarship:

- 1) Go to scholarship link: <https://www.girlsontherunnh.org/Our-Programs#show-Scholarships>
- 2) When scholarship applications are **approved by GOTR-NH, families will receive a scholarship code.**
- 3) **Using the scholarship code, guardians should register** their girl for the opportunity to be placed on the team. Families must obtain the scholarship code prior to registering. No refunds will be made.

This program is not a school sponsored activity.