



Heart & Sole! Plaistow, Spring 2018

*We believe that every girl is inherently
full of power and potential.*

*As the leaders of their lives, these are the
girls that will change the world.*

About Heart & Sole

At Heart & Sole we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained volunteer coaches use our research-based curricula to teach foundational lessons through dynamic discussions, activities and running games. Over the course of the ten-week program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Our program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.

The 10-week program is for girls in 6th, 7th and 8th grades
of all fitness abilities.

Practice Times: Tuesdays & Thursdays 2:15-3:45 pm

Start Date: the week of March 12th

Location: Timberlane Regional Middle School

5K Celebration Event: June 2nd

To learn more about Girls on the Run, registration or financial
assistance, please visit our website:

<https://www.girlsontherunnh.org/>

Program lottery registration will open on February 1st.

No girl is ever turned away for financial reasons.