

heart & sole

Heart & Sole is Girls on the Run's program for middle school girls and it's coming to **Stanton Middle School!**

What if you could lead more of your own life? Grow stronger as a person and a friend? Be part of something bigger? Be totally you!

Heart & Sole was made for middle school girls like you! Heart & Sole meets twice a week after school for 10 weeks. We'll talk about things you want to talk about, run, laugh, dream and lots more!

Join the Team!

**Tuesdays and Thursdays
2:45pm-4:00pm**

Practices begin week of March 4th

**Celebratory 5k Saturday, May 18th at
The University of Akron's InfoCision Stadium**



REGISTER ONLINE!

**Registration opens Tuesday, January 29th at 9:30am
& closes on Sunday, February 3rd***

Coach Contact Information:

Coach Wallace:
pwallace@kentschools.net

To register or for more information:

**gotrneo.org
(234) 206-ORUN**

*Heart & Sole is a program from Girls on the Run International for girls in 6th-7th grade. Teams are limited to 15 girls. To ensure that all girls have equal opportunity to participate, a registration lottery will take place for any team that has *more than* 15 girls register during the initial registration period of 1/29/19-2/3/19.