

Run with your **HEART**

@ heart  &  sole

The next step for Girls on
the Run programming

Be relentless.

Heart & Sole is for any girl brave enough to be herself. Join us for a program 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 8/1/24

Lottery Drawn 8/8/24

Season starts 9/24/24

Celebratory 5K on 11/16/24

Registration Fee \$25-\$175

*Sliding Scale, payment plans and scholarships are available.

Location

Algonquin Middle School
Tuesday & Thursday: 2:45-4:15

Questions:

School Contact: Ms. Brand
brandj@apcsd.org

Girls on the Run Contact:
karina.black@girlsontherun.org or
518-703-6026

Run, hop, roll, walk, push, or skip –
participants of all abilities have a place
on our team.

Sign up!



www.gotr.org

To ensure that all girls have equal opportunity to participate, the first week of registration is a lottery - see www.gotr.org for details. Registration will reopen on a first-come, first served basis for any sites with space remaining after the lottery is run.