



Do You Have

Heart and Sole?

Heart & Sole is a program for 6th - 8th grade girls. It creates a positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond.

Register Online from August 11th through August 27th (Further details below)

Practices begin week of September 4th

5K Celebration on Sunday, November 19th at Hersheypark



- Learn about yourself!
- Learn to be a better friend!
- Become healthier!
- Become more confident!
- Enjoy running games!



Location: St. Margaret Mary School

Meeting days: Tuesday & Friday

Times: 3:00 – 4:30

PLEASE READ! From August 28th, IF open spots remain on a team, registration will continue on a first-come, first-served basis until a team is full. No registrations will be accepted after September 18th at midnight.

*IF more than 15 girls register for a team through August 27th, teams will be selected using a random lottery on August 28th. Some girls may be waitlisted. Waitlisted girls receive priority for the next GOTR season. Payment applied only when a girl is confirmed on a team.

This program is not sponsored or endorsed by the school district. Distribution of this material does not constitute endorsement by the district.



Visit our website or call for details.

www.capareagirlsontherun.org
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