Heart & Sole! Spring 2019

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: Mondays & Wednesdays, 2:15-3:45 pm  
Start Date: the week of March 18th  
Location: Woodbury School (Salem)  
5K Celebration Event: June 1st

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.