



PRESENTED BY MAVERIK

Girls on the Run is for **EVERY** girl

Spring Program March 12 - June 2, 2018



"Girls on the Run has given our students tools, strategies, and language to be successful in all areas of their lives—from understanding the importance of physical fitness to learning how to resolve conflicts."
-Sharon, School Administrator

HEART & SOLE

is a Girls on the Run program for adolescent girls! Our program equips girls with the skills they need to thrive and enjoy the teenage years. Once or twice per week for 12 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 6 - 8 grade girls through interactive lessons and running activities. The season ends with a noncompetitive 5K event at Sugar House Park on June 2nd.

PROGRAM REGISTRATION INCLUDES

- 24 lessons delivered by volunteer, trained GOTR coaches
- Grown Up Guide for each family with 5k training guide
- Official Heart & Sole t-shirt and water bottle
- 5k finisher medal
- Entry to end of season 5k festival
- All curriculum materials and supplies
- Running incentives and prizes
- 12 weeks of fun, dynamic practices
- A healthy snack at each practice
- End of season awards and celebration
- Running shoes provided to those in need

REGISTRATION FEE: \$195

Scholarship funding is available for those in need of financial assistance. We allow all girls to participate regardless of families ability to pay for the program.

Name of School:

Days of Practice:

Practice Times:

Register today www.girlsontherunutah.org