heart & sole

Be totally you!

brain heart social body spirit

Our Program: *At Girls on the Run, we believe that young people bring a lot to the table at this age. Heart & Sole, 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.*

Season starts March 19th and ends June 3rd

GOTR 5k is Sunday, June 3rd 9:30am @ University at Buffalo/North Campus

LOTTERY REGISTRATION, CHECK WEBSITE FOR FULL DETAILS: www.gotrbuffalo.org

- **Lottery registration week: February 26th - March 5th at 9am (NO EXCEPTIONS)**
- After the lottery is run on March 5th, if a team is not full, the registration will re-open & participants will be accepted on a first come, first serve basis.
- Once a team is full a waitlist will be started, season registration ends March 26th at 10am.

REGISTRATION FEE:

- $160 per girl - includes 5k registration, healthy snack and more!
- **Financial aid available** - apply online when registering.
- BCBS Wellness Benefit & Independent Health flex fit debit accepted (if applicable).
- Call 716-873-2221 for more information on financial aid.

CITY HONORS SCHOOL

MON/WED 3:00 – 4:30

GRADES 5 - 8

Visit www.gotrbuffalo.org or 716-873-2221 for more information