



Girls on the Run Philadelphia – Heart & Sole

Coming to Bache Martin – Spring 2017!

About Heart & Sole

Heart & Sole is a national not-for-profit after school program for girls in 6th through 8th grade, which combines training for a 5K with an interactive curriculum to develop self-respect and healthy lifestyles.

Over a 12-week season, Heart & Sole trained volunteer coaches deliver a curriculum that teaches life skills through group processing, running games, and workouts. The Heart & Sole curriculum addresses many aspects of girls' development - their physical, emotional, mental, and social well-being. At each season's conclusion, the girls complete a 5K running event as a group within the community. Each girl will be paired with a Running Buddy, an adult mentor either selected by the girl or a volunteer within the community, whom will run the 5K alongside them and provide support throughout the season.

Girls on the Run Philadelphia is an Independent Council of Girls on the Run International, which has a network of 200+ locations across the United States and Canada. In 2014, GOTR served over 168,000 girls across North America. Girls on the Run Philadelphia completed its inaugural season in Philadelphia in the spring of 2013.

Spring 2017

The Heart & Sole after school program will begin on March 6th and will run for 12 weeks every Tuesday and Thursday afternoon. The program will begin immediately following the school day at 3:15 PM until 4:45 PM. The season will conclude with a 5K race scheduled for June 10, 2017.

Registration Information

The Heart & Sole Bache Martin team will consist of 15 girls maximum. Online registration is open. Registration will be on a first come, first served basis. To be added to the email list and remain up to date on events and registration information, please email carrie.peck@girlsontherun.org.

The registration fee to participate in Heart & Sole is \$150 of which is due at the time of registration. Financial assistance is available to those who qualify. The registration fee provides each participant with a t-shirt, race registration, medal, healthy snacks, and an end of season celebration. The fee also covers behind the scenes necessities such as liability insurance, trained coaches with CPR/first aid certification, background checks on all volunteers, curriculum, and lesson materials.

Finances should never prevent a girl from participating. Financial assistance is available based on annual household income and upon completion of a scholarship application.

For more information, please visit www.gotrphiladelphia.org, email carrie.peck@girlsontherun.org, or contact Nina Liou at nina.liou@verizon.net.

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