

# Heart & Sole 2024

## We want you on our **Girls<sub>on</sub> theRun<sup>®</sup>** team!



Make new friends, get your body moving, set and achieve goals at your pace, gain new skills and have TONS of fun.



Sign up Today!

Are you ready to unlock the leader that's always been inside of you?

### Spring 2024 heart & sole season details:



- Open to girls in Grades 6-8
- Caring volunteer coaches lead fun lessons and games, group discussions, and physical activities
- You will cross the finish line with your team in an exciting and joyful 5K in Princeton at season's end on June 2!

[www.GirlsontheRunNJ.org](http://www.GirlsontheRunNJ.org)

### Join Girls on the Run and watch your confidence soar!

**Spring 2024 Season: April 8 - June 2**

**Thursdays, 4:00-6:00 pm**

**Memorial Park, 254 S. Church Street**

**Moorestown, NJ 08057**

Registration fee: \$250

Financial assistance is available

Questions?: [carrie.kochanski@girlsontherun.org](mailto:carrie.kochanski@girlsontherun.org)

