

# heart & sole

Be totally you!

⚡ brain ♥ heart ☀ social ★ body 🦋 spirit

**Think the only way to complete a 5K is to run the whole way?  
Think again!!**

**You can jog, walk, run, or any combination : ) Come check out Heart and Sole  
in the spring and see what all you can accomplish!**

**Our Program:** At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our curriculum. At every lesson you'll get exercise, talk about strategies for healthy lifestyles and handling life - and you'll make new friends. Over the course of the program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Participate in a celebratory 5K at the end of the season.

**SEE WEBSITE FOR FULL DETAILS: [www.gotrbuffalo.org](http://www.gotrbuffalo.org)**

- Registration will open in February
- Questions about Girls on the Run at OP Middle School? Contact Nicole Curtis at 617-877-1103 or at [navitahl-curtis@outlook.com](mailto:navitahl-curtis@outlook.com)

**REGISTRATION FEE:**

- \$165 per girl - includes 5k registration, a gift and more!
- **Financial aid available** - Call 716-873-2221 for more information
- BCBS Wellness Benefit & Independent Health flex fit debit accepted (if applicable).



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## JOIN GIRLS ON THE RUN THIS SPRING! The Heart & Sole Program for Middle School...

- inspires girls to recognize their inner strengths and celebrate what makes them one of a kind
- trains girls for a season-ending, non-competitive 5k
- uses a research-based curriculum & trained coaches, to lead practices involving dynamic discussions, activities & running games
- gives girls the skills they need to navigate their worlds!
- helps girls develop a lifetime appreciation for health and fitness!



### SPRING SEASON DATES:

Week of March 23<sup>rd</sup>- June 7<sup>th</sup>  
Fall 5k: Sunday June 7<sup>th</sup> 9:30 am at  
UB North Campus

### LOTTERY REGISTRATION WEEK: February 25<sup>th</sup>- March 3<sup>rd</sup> at 9 am

(visit [www.gotrbuffalo.org](http://www.gotrbuffalo.org) for more details)

- After the lottery is run on February 25<sup>th</sup>, 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 30<sup>th</sup> at 10 am

### REGISTRATION FEE:

- \$165 per girl - includes 5k registration, a gift, 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.

**ORCHARD PARK MIDDLE SCHOOL – GRADES 6,7,8**

**MONDAYS 2:30 -4:10 PM/ WEDNESDAYS 3:15 – 5 PM**

**Questions? Contact Nicole Curtis at 617-877-1103**