

OVER

ACHIEVER

Heart & Sole is for any girl brave enough to be herself. Join us for a journey that will empower you to tap into your strengths and learn new life skills. Every week, we'll run, laugh and learn about what makes each other tick. The program ends with a celebration of how far you've come... and a 5K that will remind you that you can crush any goal you set your mind to.

Registration Now Open

Season Starts

Week of September 21st

Teams meet twice a week

End of Season Celebration

Sunday, November 15, 2020

Registration information available online at www.gotrneo.org or by phone at (234) 206-0786.



VIRTUAL TEAM

Days & Times: Tues & Thurs 6:30-7:30

Open to girls in grade: 6 - 8

LEARN MORE AT www.gotrneo.org



Brought to you by:

Girls on
the Run
northeast ohio



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Registration fees are based on a sliding scale and scholarship funds are available to all participants in need.

Contact us at 234-206-0786 to learn more!