

# heart & sole

Be totally you!

⚡ brain ♡ heart ☀ social ⚙ body 🦋 spirit

**I** can ...



be creative, have fun, laugh  
try new things, run a 5k,  
feel more **CONFIDENT**, grow  
**BE totally ME!**

“At Heart & Sole, I was able to meet other girls, and by doing so, saw that they were just as friendly and determined as I was ... Thanks for the experience!!! ☺”

-Spring 2016 Participant

The season finishes with Heart & Sole girls participating in the Girls on the Run 5k on May 11, 2019!

Season Begins Week of:  
Feb. 25, 2019

Site:  
Woodridge Middle

Practice Days & Times:  
Tuesday, Thursday  
2:30 PM - 4:00 PM

Contact:  
Roseanne Snodgrass  
rsnodgrass@northwestschools.net

Registration Fee:  
\$75

*Payment plans and scholarships are available!*

For more information about our program or to register, visit our website.

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

Online registration is open for 6<sup>th</sup> - 8<sup>th</sup> grade girls Jan. 22-Feb. 20 at 12noon!