



We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.



**Heart & Sole is Girls on the Run's** new program for middle school girls! Heart & Sole creates a positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond. At Girls on the Run, we believe that adolescents bring a lot to the table. We also know that girls at this age often sort through conflicting messages about their worth, their abilities and their value. Our middle school program helps girls develop the skills to tune into their own truths and to unleash their power to live confidently and joyfully. The program combines training for a 5k (3.1 miles) celebratory event at the conclusion of the season.

Spring season begins February 12, 2017  
Participant Registration opens December 2, 2016

Girls on The Run  
Mondays/Thursday's 6:00pm @ Little Elm Recreation Center

**For more information visit our website below.**



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