



JOIN GIRLS ON THE RUN!

Hello, **BOLD HEART!**

Join a program where you'll discover your Heart Power—the power to speak up and share what's inside your heart! You'll move and play games, make new friends, and have fun with your team! At the end of the season, you will celebrate by finishing a 5K.

Girlson
the**run**®

GIRLS LEARN HOW TO...



Build confidence to boldly share their thoughts, ideas, and feelings



Discover their Heart Power to speak up – even when they feel nervous



Learn to listen deeply, show empathy, and invite others to speak up, too



Proudly breathe, believe, and achieve their goals

Oak Flat Elementary **Grades 3-5**

Season Starts: Week of September 22

Practice: Tuesdays & Thursdays, 4:00 - 5:30 PM

5K Celebration: November 23 at HACC

Discounts & Payment Plans Available!

QUESTIONS?

Coach Contact:

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Online Registration Opens
August 25th!

For more information
and to register, visit
www.gotrmidstatepa.org

