

# heart & soul

Be totally you!

⚡ brain    ❤️ heart    ☀️ social    ★ body    🦋 spirit

**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 research-based curricula which includes dynamic discussions, activities and running games. 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. All girls come together and run a celebratory 5k at the end of the season.

**SPRING SEASON DATES: Week of March 23<sup>rd</sup>- June 7<sup>th</sup>**  
**Spring 5k is on June 7<sup>th</sup> at UB North**

**LOTTERY REGISTRATION, CHECK WEBSITE FOR FULL DETAILS: [www.gotrbuffalo.org](http://www.gotrbuffalo.org)**

- **Lottery registration week: February 25th- March 3rd at 9 am**
- After the lottery is run on March 3rd, 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 Monday, March 30<sup>th</sup> at 10am SHARP (No exceptions)

## **REGISTRATION FEE:**

- \$165 per girl - includes 5k registration, a healthy snack at every practice 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.



**Lewiston Porter Middle School**

**Mon/Wed. 2:40-4:10pm or Tues/Thurs. 3:10-4:40pm**

**GRADES 6, 7 & 8 Coaches: Amy Golden, Kim Wailand, and Laura Kimoto-DiBacco**