



REGISTRATION IS OPEN!

www.girlsontherunrockies.org



Come explore and celebrate what makes you – YOU!

Heart & Sole is all about discovering more about yourself and making connections with other girls. You'll learn and practice important life skills such as team building, developing a support system, boundary setting, decision making, asking for and providing help and more. And, you doing all this learning while training for a 5K.

Don't love running?

No problem. It isn't about how fast or far you go. It is more about learning to challenge yourself, setting goals and moving forward -- one step at a time.

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Practices meet every Thursday from 2:30pm – 4pm in the Commons. The program begins the week of September 10 and goes through the week of November 12.



Fee: \$170 (includes 20 practices, 5k entry and Heart & Sole t-shirt!)

1. Go to www.girlsontherunrockies.org
2. Click the "Register Now" button
3. Choose your geographic area (Denver or Colorado Springs)
4. Find and select your school in the drop down menu
5. After completing the form, hit "submit". ****You will receive a confirmation email from Raceplanner. Please make sure to check your spam folder in case the email went there. If you do not receive this email, chances are you did not fully complete the registration form.**

Contact Lynn Westfall for more information. Lynnwestfall@gmail.com 303-587-1506.



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