

# 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!

**Girls** on  
the**run**®

ARE YOU READY TO BE BOLD?

## WHAT TO EXPECT

### Indian Rock Elementary, Grades 3-5

Caring coaches will lead fun activities and discussions.  
Together, your team will create a project that supports your community.  
At the end of the season, you will celebrate by finishing a 5K.

Season Starts: Week of September 29

Practices: Monday & Thursday, 3:45-5:15 PM

5K Celebration: December 6 at York College

Flexible, Affordable Payment Options Available!

**Online Registration  
Open Now!**



For more information and to register, visit  
[www.gotrmidstatepa.org](http://www.gotrmidstatepa.org)

**GOTR Coach Contact at  
Indian Rock Elementary**

**Ciera Rascoe**

✉ [cierarascoe16@gmail.com](mailto:cierarascoe16@gmail.com)

☎ 717-434-6563

**QUESTIONS?**

*The school district neither encourages nor discourages a student's participation in the activity described herein.*