

Hello, Mountain Mover!



Girls on the Run
& Heart and Sole
are coming back to
Chelmsford this Spring!



- Your team meets once or twice a week for eight weeks
- Caring coaches lead fun lessons and games, group discussions, and physical activities
- Each team dreams up and completes a Community Impact Project that helps make the world a better place
- You will cross the finish line with your team in an exciting and joyful 5K in June!



SEASON DETAILS

Team Name: Center Elementary - Chelmsford
GOTR Team

Grades: 3-5

Practice Days & Times: M/W 5:30 - 7:00 PM

First Practice: Monday, 3/31/25

Team Name: Center Elementary - Chelmsford
Heart and Sole

Grades: 6-8

Practice Days & Times: M 5:15 - 7:15 PM

First Practice: Monday, 3/31/25

Celebratory 5K: 5/31 or 6/1 TBD

Program Fee: \$225

Financial Assistance always available!

School/Site Contact: Nicole Eaton, nicole.michelle.eaton@gmail.com

GOTR Contact: Teresa Ferguson, teresa.ferguson@girlsontherun.org

<https://www.girlsontherunboston.org/>

