2/16/26

Heart and Sole is coming back to Canaan Schools for the 4th season! We are inviting girls from Stewartstown and Pittsburg to join us! Our program focuses on the whole girl by empowering girls' minds, bodies and souls. It inspires participants to appreciate, love and respect what makes them unique, set actionable goals that they can complete by the end of the season, and develop new habits and activities that create a healthier lifestyle.

Registration for Heart and Sole opens on Wednesday, February 18 (Essex 5K participants) at Registration GOTR ! Our 10 week program is for students in grades 6-8. Our season begins the week of March 16th. Our team will meet on Monday and Wednesday from 3:15 to 4:45. We will meet in the gym and then we will run on school property until the snow has melted and then the girls will be running in the community.

The registration fee is $130 but the Tobacco Grant is paying for 70 dollars of the fee reducing the fee to $60. GOTRVT provides financial assistance directly on the registration form for qualifying families as well as a payment plan. GOTRVT is committed to being accessible to any student who wants to participate, and is dedicated to ensuring that program cost is not a barrier. Please contact GOTRVT directly at 802-871-5664 regarding financial assistance options.

Can't wait to see you all for the 2026 season! If you have any questions or concerns please reach out to Mrs. Berry (802-266-8910) or jberry@canaanschools.org.