



Olmsted Falls Intermediate School Boys Running Club

we run this town

Program Details:

- Boys meet in the gym on **Mondays & Wednesdays 2:30pm – 3:45pm**
- The session is March 2 – April 29 (no practice during Spring Break)
- Each week the boys will increase their time and distance, with the ultimate goal of completing a 5k (3.1 miles)
- Each session will include: a positive message and character building, fun team games, running and other exercise, and a healthy snack
- Attendance is expected
- Maximum of 60 boys (30 per grade) – **first come basis**
- Pickup at 3:45pm at main entrance
- Group participation is expected in the Olmsted Spirit 5k on May 3rd
- Questions: Jason Sunkle 440-427-6528 or jsunkle@ofcs.net
- Cost is \$55 per boy (fee includes daily snack, t-shirt & 5k

registration) Scholarships may be available based on financial need. We do not want to turn anyone away. Please contact Mr. Svec for more information.



REGISTER ONLINE

<https://occ.recdesk.com>

Registration will be done online through the Olmsted Community Center. Cost is \$55. Max of 60 boys (30 per grade).

Registration starts February 1st and ends February 15th