Bulldogs on the Run

JOIN THE TEAM:
Tuesdays and Thursdays
2:30pm-4:00pm

Season begins the week of February 25th
Season Ends - Spirit 5K on Sunday May 3rd

Coach Contact Information:
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To register or for more information:
https://occ.recdesk.com

REGISTER ONLINE!
https://occ.recdesk.com

New This Year! We will have a boys team and a girls team!
Registration Starts January 22nd and Ends February 12th!
Cut off is 100 runners.

Bulldogs on the Run is a third grader running program at Falls-Lenox Primary School for girls and boys. It is designed to help runners get in shape, learn to be a member of a team, and work on social skills. Some of the skills covered include our self-esteem, positive self-talk, dealing with problems, healthy habits, working hard, and more! We meet twice a week to work on social skills, running, and fun team building activities. The boys team will be meeting on Tuesdays and Thursdays in the Lenox Gym and the girls team will meet Tuesdays and Thursdays in the Falls Gym. Bulldogs on the Run will complete a community service project and participate in the Olmsted Falls Spirit 5K (3.1 miles) at the end of the season!

Come out and join us!
Bulldogs on the Run 2020

Week One - February 25th and February 27th
Week Two - March 3th and March 5th
Week Three - March 10th and March 12th
Week Four - No School/No Practice Mar. 17th & Mar. 19th
Week Five - March 24th and March 26th
Week Six - March 31st and April 2nd
Week Seven - April 7th and April 9th
Week Eight - NO Practice Spring Break
        Running Will Be Assigned
Week Nine - April 21st (Practice 5K) and April 23rd
Week Ten - April 28th and April 30th
Spirit 5K on May 3rd