Olmsted Falls Intermediate School
Girls Running Club

Program Details:

• Girls meet in the gym on **Tuesdays & Thursdays 2:30pm – 3:45pm**
• The session is March 3 – April 30 (no practice during Spring Break)
• Each week the girls 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 girls (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: Elizabeth Ankrom 614-325-5247 or eankrom@ofcs.net
• Cost is $55 per girl (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](https://occ.recdesk.com)

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

Registration starts February 1st and ends February 15th