



# Bulldogs on the Run



## **Coach Contact Information:**

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

**To register or for more information:**

<https://occ.recdesk.com>

Spring season begins the week of February 26th  
Season Ends - Spirit 5K on Sunday May 5th

**REGISTER ONLINE!**

<https://occ.recdesk.com>

**New This Year! We will have a boys team and a girls team!**

**Registration Starts February 1st and Ends February 22nd!**

**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!**