



# Olmsted Falls Intermediate School Girls Running Club

we run this town

## Program Details:

- Girls meet in the gym on **Tuesdays & Thursdays 2:30pm – 3:45pm**
- The session is March 5 – May 5 (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: 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 5<sup>th</sup>
- Questions: Cathy Hess 216-647-8998 or [cathyhess@hotmail.com](mailto:cathyhess@hotmail.com)
- 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>

New this year! 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 15<sup>th</sup>