

Friday, January 27th, 2023



Dear Parents,

We are starting a Lunchtime Running Club for grade 4 and 5 in support of those students who are interested in improving their running fitness and training for the **Como Lake Relays** . All practices will take place around the Blakeburn Lagoons.

Practice Info

Practices will commence on **Wednesday, Feb. 1st** and will run twice per week during the lunchtime. **Students will run first and then eat their lunch back in Mr. Urquhart's classroom.** The lunchtime practice days are scheduled for most **Mondays, Wednesdays** or **Thursdays** starting at **12:05 p.m.** and will run until **12:25 p.m. (approx.)** , *(please note that what days students run on in each week will depend on whether there is a PRO. D. or Holiday, so please refer to the attached schedule for run practice dates)*. Practices will occur rain or shine so students will need to come to school prepared to run outside. **For the month of April, where possible, we are planning to increase the practices to three times per week. Please refer to the schedule for practice dates.**

Please take the time to discuss with your child if he/she is committed to participating in **Blakeburn's Lunchtime Running Club** as attendance is important and will be monitored. As mentioned, students will also require proper running attire **e.g. running shoes, shorts or running pants, jacket etc.**. Students who do not have proper running gear **will not be allowed to participate.** Please fill out the permission form below and have your child return it ASAP. Please note that no students will be allowed to participate until they have submitted their permission slip.

If you have any further questions or concerns please don't hesitate and contact Mr. Urquhart #604-944-9037.

_____ Yes, I give my son/daughter _____ permission

to participate in Blakeburn's Lunchtime Running Club .

Student Name and Division

Parent Name and Phone Number



Running Club/ Como Lake Relay Training Schedule

Feb./March: 2 practices a week

- Wednesday, Feb. 1st-Lt.
- Monday, Feb. 6th - Lt.
- Wednesday, Feb. 8th - Lt.
- Monday, Feb. 13th - Lt.
- Wednesday, Feb. 15th -Lt.
- Wednesday, Feb. 22nd-Lt.
- Thursday, Feb., 23rd- Lt.
- Monday, Feb. 27th - Lt.
- Wednesday, March 1st-Lt.
- Monday, March 6th- Lt.
- Wednesday, March 8th-Lt.
- Spring Break from March 13th to March 26th
- Monday, March 27th - Lt.
- Wednesday, March 29th-Lt.

April: 3 practices a week (if possible)

- Monday, April 3rd -Lt.
- Wednesday, April 5th - Lt.
- Thursday, April 6th-Lt
- Wednesday, April 12th -Lt.
- Thursday, April 13th - Lt.
- Monday, April 17th - Lt.
- Wednesday, April 19th - Lt.
- Thursday, April 20th, 2023 =Como Lake Relays

Como Lake Relays are on Thursday, April 20th, 2023 at Como Lake. They are from 3:15 to 5:45 p.m., please note that both Grade 4 and Grade 5 students will be running on this day. *We will require the assistance of parent drivers for this event. If you are able to support this event please ensure that you have the following completed and submitted to the office: Volunteer Form, Drivers Certificate of Insurance form, and Driver's Abstract. If you have any questions, please contact the office and they will let you know if all of your forms are up to date.*