

Bayside Cross Country Running 2021

Dear parents and runners:

Welcome to the 2021 cross-country running season! Just like everything else these days, it is going to be nothing like you have experienced before.

This aim of the group is to simply have students partake in the pleasure of running. Due to the public health restrictions, no competitive races are scheduled though runners may choose to set a mileage goal to complete during the course of the season. There will be 2 organised runs weekly, students may also include their PE runs and any other runs that they may complete outside of school in order to complete their mileage goal. I have set my goal at 100km. The season will run approximately 8 weeks starting Tuesday, April 13.

Training runs:

<i>Tuesdays</i>	<i>7:25 am - short warm up follow by run 7:30 am - neighbourhood run 8 am - cool down.</i>
<i>Wednesdays</i>	<i>2:45 pm - short warm up follow by run 2:50 pm - run 3:20 pm - cool down.</i>
<i>PE run days</i>	<i>- to be determined</i>
<i>outside of school runs</i>	<i>- to be determined</i>

All runs will be in the Bayside neighbourhood and should be familiar runners. If a runner happens to be late, please check the gym door for the run route and join the group. As we will be running before school, I would recommend runners to wear a watch in order that everyone makes it back to school before the bell. If the runner does not have a watch, please stay in proximity of a runner who does. All runs will be preceded and followed by very light stretching.

Please do not hesitate to contact me if you have any questions.

Regards

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