

Baker Virtual Cross Country 2020

We are excited to have you participate in our first virtual cross country meet!



The meet takes place during the week of **October 18th to the 25th**.

There is a twist though, that you can run, walk, bike, rollerblade, or another way (double check with me), that does not include a motor. That means no e-bikes, unless you are peddling. You can participate any time that week, recording your time and distance through any app. One suggestion is Map my Run. It is free and you can screenshot your route and time to submit it.

It is suggested that athletes prepare for what's going to be an awesome day! There is a google class that has been created to help students along the way, if they'd like. It is the same class that this form was located in. Racers should wear appropriate clothing, which includes running shoes and comfortable clothing appropriate for the weather. They may also want to have a water bottle. The run/walk/bike/longboard/rollerblade is 2 kms for all of the age categories.

Please return the form below to Mrs. Leusink, pay the **\$15.50 user fee** on School Cash (covers the cost of t-shirt and prizes) to register. Family members are welcome to participate with their child/children and do not pay. Please contact Mrs. Leusink if you have any questions or concerns.

megan.leusink@pallisersd.ab.ca

RI BAKER VIRTUAL CROSS COUNTRY MEET 2020

THANK YOU FOR PAYING THE \$15 FEE THROUGH SCHOOL CASH

I give my child, _____ permission to participate in the Baker Virtual Cross Country Meet.

Parent/Guardian name (please print): _____

Parent/Guardian signature: _____