



Vancouver Thunderbirds Outreach Presents

# KILOMETRE CLUB RELAY CHALLENGE

Implementing structured school sports at your school is more difficult than ever this year. With competitive school seasons being cancelled, the Vancouver Thunderbirds are here to help through the RUN CLUB CHALLENGE. Whether your school does or does not have a Run Club in place, we can help!

## **RUN CLUB CHALLENGE**

Using a format created for our own club members during the 2020 spring season, we have created a **FREE** fun, competitive (if you wish) Run Club Challenge to inspire student-athletes to stay active.

The Run Club can operate both in-person and virtually. Run Club students are encouraged to log each Kilometre they run, walk, or wheel. As they upload their daily kilometre total to our safe and secure form, they contribute to the goal that your classroom or school has set for itself. (our club chose to run across Canada.

Our programming is infinitely customizable so whether your class is going Coast-to-Coast or simply across the city, we can create an interactive challenge that engages and inspires students to help their team cross the finish line.

The Goal of this initiative is to take some of the burden off of coaches and teacher sponsors to create engaging opportunities for their students in lieu of the sports seasons that would normally take place. The Thunderbirds will provide as much or as little support as you need. We will help create and implement a customized KM Challenges for each participating school/group by:

1. Designing courses/routes for your Run Club.
2. Providing suggestions/guidance on how to run the program whether virtually or in-person
3. Providing an online platform through which members of your RUN CLUB can input and track both their progress as well as that of the RUN CLUB and clubs from other schools.
4. Providing (if desired) commemorative and customized ribbons for athletes who achieve KM Milestones (25km, 50km, 75km... 250km).
5. By Providing
6. The KM Challenge can be done from anywhere, whether home or school, meaning coaches/teachers don't have to schedule class or extracurricular time to provide this opportunity to students.

We acknowledge the financial support of the Province of British Columbia





For more information, please see the Walk-Through on the following page. All interested teachers are encouraged to contact Club Manager John Gay at [John@Thunderbirdstrack.org](mailto:John@Thunderbirdstrack.org) for any inquiries. Furthermore, please feel free to share this program with teaching contacts.

## HOW IT WORKS

1. The Vancouver Thunderbirds will work with the School Coach/Teacher Sponsor/Parent to decide on a KM Challenge (e.g. Coast-to-Coast, Vancouver-Whistler etc.) that is appropriate for your school/classrooms needs.

### Examples

- Vancouver-Whistler: 121km
- Vancouver-Calgary: 971km
- Coast-to-Coast: 7237km

2. The Vancouver Thunderbirds will create a secure Interactive Tracking Page and Submission Form for students to use in order to log their efforts. (Figures 1 & 2)

		VANCOUVER THUNDERBIRDS Track & Field Club								
		Total	Week beginning on Monday...							
		KM run	April 13, 2020	April 20, 2020	April 27, 2020	May 4, 2020	May 11, 2020	May 18, 2020	May 25, 2020	
<b>Club Total</b>		<b>7755</b>	<b>1214</b>	<b>1791</b>	<b>1761</b>	<b>1024</b>	<b>646</b>	<b>928</b>	<b>160</b>	
<b>Ran passed:</b>										
Gander	NL		<a href="https://www.google.ca/maps/dir/Mile+Zero+Monument,+18+Douglas+St,+Victoria,+BC">https://www.google.ca/maps/dir/Mile+Zero+Monument,+18+Douglas+St,+Victoria,+BC</a>							
<b>Next up</b>										
Clarenville	NL	23 kms away								
Whitbourne	NL	120 kms away								
St John's	NL	220 kms away								

Figure 1

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## Thunderbirds KM Tracker

Form description

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**First name** \*

Short answer text


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**Last Name** \*

Short answer text

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**Date** \*

Month, day, year 

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**KM run** \*

Short answer text

Figure 2

3. Students begin tracking their Kilometres run, walked, or wheeled and upload them to the Submission Form, which automatically populates the Interactive Tracking Page.
4. Students and staff can follow along as the KM total rises and milestones are reached. Athletes can check their own progress and that of their peers through the Interactive Tracking Page's embedded lookup-tool (Figure 3)

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		Total	Week beginning on Monday...							
			April 13, 2020	April 20, 2020	April 27, 2020	May 4, 2020	May 11, 2020	May 18, 2020	May 25, 2020	
		KM run								
<b>Individual Progress</b>										
Type name below for individual totals										
<b>First name</b>	<b>Last name</b>									
John	Gay	839	168	164	146	75	163	124	0	
<b>Ran passed:</b>										
Sicamous	BC									
<b>Up Next</b>										
Revelstoke	BC	15 kms away								
Rogers Pass	BC	76 kms away								
Donald	BC	132 kms away								
Type name below for individual totals										
<b>First name</b>	<b>Last name</b>									
		0	0	0	0	0	0	0	0	0
<b>Ran passed:</b>										
Mile 0 at Dallas Rd	BC									
<b>Up Next</b>										
Legislative Assembly of BC		1 kms away								

Figure 3

- Students are rewarded with customized commemorative ribbons for achieving pre-stated milestones such as 25/100/250km.

For more information contact Vancouver Thunderbirds Club Manager John Gay at [John@Thunderbirdstrack.org](mailto:John@Thunderbirdstrack.org)

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## FOOD BANK FUNDRAISER – TEAM INSTRUCTIONS

Best of all, the Thunderbirds KM Club outreach program is in support of a great cause, the Greater Vancouver Food Bank (GVFB).

Participating schools are encouraged to sign up as part of the “Longest Day” Team through the [Vancouver Food Bank Website](#).

1. Create an account on the [Vancouver Food Bank Website](#):

New Participant

[Start Registration](#)

*This site is protected by Google reCAPTCHA, and Google's Privacy Policy and Terms of Service apply.*

2. Sign up as a team member with the “Longest Day” Fundraiser:

Select Registration Type

You are registering as Vancouver Thunderbirds

Organization  
Start a fundraiser on behalf of an organization.

Individual  
Start an individual fundraiser

Start a new team  
Start a new team that other people will join and fundraise as members

Join a team  
Join a team that someone else has already been created

**Registration (Join Team)**  
You are registering as Vancouver Thunderbirds

**Participation Type**  
Choose how you will be participating.

Virtual Food Drive Fundraiser (Individual)
Virtual Food Drive Fundraiser (Organization)

Regular Fee: **\$0.00**

Description: Individuals who wish to participate and host their own virtual food drive.

**Fundraiser Info**  
Set a challenging but achievable goal.

[Search for team](#)

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### 3. Track the fundraiser progress!



Wondering how to encourage donations? It's easy! Have participants canvas their friends, family, neighbours etc. for every KM logged during the KM Club Challenge, supporters can commit to pay a monetary amount (e.g \$1, \$0.25 etc.). Participants will inform their supporters of the KMs completed and direct them to the [Donation page](#), where they can choose from a variety of donation options.

You are supporting  
Vancouver Thunderbirds's virtual food drive.

Want to skip using the shopping cart? [Click here](#) to enter a direct donation amount instead.



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