

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.





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 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: 121kmVancouver-Calgary: 971kmCoast-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)

705	VANCOUVER	THU		RBIR Field								
	Total		Week I	eginnii	ng on M	londay.						
Club Total	KM run 7755		POII 1214			2020 A 2		020 NOV 8.	160			
Club lotal	//55		1214	1/91	1/61	1024	046	928	160			
Ran passed:												
Gander	NL	https://	www.go	ogle.ca/	maps/d	ir/Mile+Z	Zero+Mo	numen	t,+18+[Douglas	+St,+V	ictoria
Next up												
Clarenville	NL	23	kms av	/ay								
Whitbourne	NL	120	kms av	/ay								
St John's	NL	220	kms aw	ay								

Figure 1





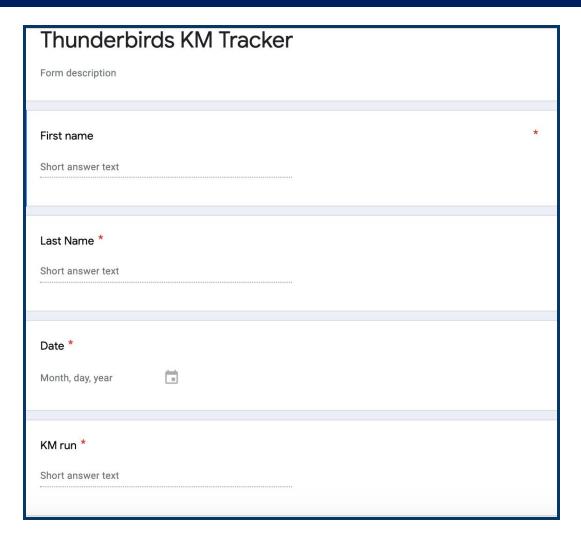


Figure 2

- 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)





FIE	VANCO	UVER			RBIR						
		Total	We	eek k	peginnin	ıg on M	londay				
		KM run	P	ور الناري	2020 April 20.7	April 27 .	May 4. 20	May 11.	May 18.	1184 JE J	920
Individual Progres	S										
Type name below for i	ndividual totals										
First name	Last name										
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Ran passed:											
Sicamous	BC										
Up Next											
Revelstoke	BC	15	kms away								
Rogers Pass	BC	76	kms away								
Donald	BC	132	kms away								
Type name below for i	ndividual totals										
First name	Last name										
		0		0	0	0	0	0	0	0	
Ran passed:											
Mile 0 at Dallas Rd	BC										
Up Next											
Legislative Assemby of	IBC	1	kms away								

Figure 3

5. 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





FOOD BANK FUNDRAISER - TEAM INSTRUCTIONS

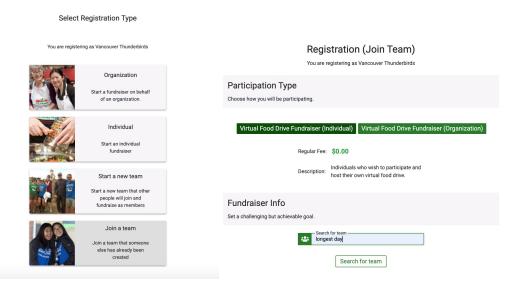
Best of all, the Thunderbirds KM Club outreach program is in support of a great cause, the Greater Vancouver Food Bank (GVFB).

Participating schools are encouraged to sign up as part of the "Longest Day" Team through the <u>Vancouver Food Bank Website</u>.

1. Create an account on the Vancouver Food Bank Website:

	New Participant
	Set Username Thunderbirds
	Set Password
<u> </u>	
2.	First Name Vancouver
	Last Name
20	Thunderbirds
ightharpoons	Set Email john@thunderbirdstrack.org
	-
	Start Registration
	otal tregistration
	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:







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 <u>Donation page</u>, where they can choose from a variety of donation options.



