



# Fun Run Club



*Parents are invited to join our Canons Fun Run Club.*

*We are looking for anyone that is able to help tally laps or help out in any way.*

*If you would like to join the running/walking group you are more than welcome.*

*See below for the details of the Canons Sport Fun Run Club and contact Mr Scott Hodgen [shodgen@norbert.wa.edu.au](mailto:shodgen@norbert.wa.edu.au) to register your interest.*

**When:** TERM 4 Anytime between 7.30 – 8.30am, Monday – Friday Mornings Term 4

**Where:** College Oval – sign in at the Year 7 Quad

**How:** Join a team of four or go solo and run or walk as many laps as you like, the more laps the more chance your house has of winning. Try to Run/Walk 100 km in a term.

**What:** [Download the Strava App](#) to your phone (use the free version) and join the Canons Sport Club on Strava. Post your lap totals to win great prizes. Alternatively, you can record your laps on the morning on the record sheet that will be set up each day.

**Why:** TO FEEL GREAT!!!

## **How it works...**

Each morning during TERM 4 between 7.30 – 8.30am the College Playing Fields will be alive with students doing laps, you can come and do as many days as you like and participate for as long as you like. Want to only come on Fridays and walk two laps? No worries every bit counts.

You can record your laps in one of two ways;

1. Strava on your phone – join the “Canons Sport” Club and post any total completed at school during the fun run times. **This is the preferred option**
2. Recording each lap on the recording sheet set up in the Year 7 area each morning.

There will be a number of competitions that you can register for...

1. House Total – All students tallies will go towards the House Fun Run Trophy
2. Relay Four – Get together with a group of four and run or walk in a relay style
3. Solo – Run or walk some laps on your own, set some PB's

Course: One lap includes running the perimeter of the St Norbert College playing fields. You must make sure you run around the outside of both soccer fields to make the lap count.

For more info on Strava see the links below;

[How to get started on mobile](#)

[Strava YouTube Channel](#)

[How to join the Canons Sport Club on Strava](#)