



"Let Your Light Shine"

# St. Augustine School

Treaty Six Territory

5520-45 Avenue Crescent, Ponoka, AB T4J 1N6

Phone: (403) 704-1155 Fax: (403) 704-1195

Dear Athletes and Parents,

The Vikings Run in Camrose at the Stoney Creek Center, 5320 40 Avenue is this Thursday, September 21, 2023. We are looking forward to our first race of the season!

The Vikings Race is a new one for us, substituted for Peace Hills which doubled their fee. Ms. Cabay and Ms. Mackenzie will be the coaches at this event as Ms. Davidson is on TES (Traumatic Event Systems) training. If you as a parent are attending and would like to fill volunteer roles please let us know via Remind. If you are not yet on Remind, please sign up with instructions following race information.

Here are a few things you should know about the race Thursday.

1. Prairie School buses depart from the school at 8:30. and will leave Camrose at 2:00 and return by 3:00.
2. Runners are registered for the race. There are no refunds for races as these need to be prepaid.
3. Although we run for our personal growth, there are medals for the top 3 runners in each race. There are ribbons for places 4 - 10.
4. Races may run ahead or behind schedule, there are multiple factors for this. Runners need to stay with the group and be aware of their race schedule / placing..
5. We will give you your race singlet and chip timing bib.
6. Be prepared for the weather, it can be a long day of waiting for each age category. Please bring layers:
  - a. Shorts and a t-shirt to run in, if it is cool they could add a long sleeve t-shirt over top.
  - b. Ensure that your child also brings sweat pants and a sweatshirt to wear before and after their race. Other items to consider bringing are a toque, gloves, warm coat, blankets, cards, book or a football.
  - c. Ensure your child will be running in a good pair of running shoes and that the laces are well tied. A second set of footwear is advised. Often runners wear sandals (weather dependent) or casual shoes following the race.
  - d. Bring at least one, preferably two bottles of water and healthy snacks as there are no water stations set up at the event.
  - e. Be sure to bring required medications and supports (asthma inhalers, diabetes medications, allergy medication, ankle braces etc.).

There is a concession at the race, although selection of food changes from year to year and is unreliable.

**Principal: Kari Davidson    Vice Principals: Luc Gratton & Leah Bowie**

## Race Schedule

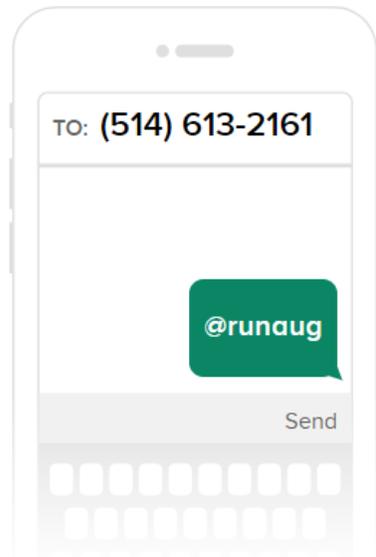
<b>Elementary Division</b>	<b>Junior High Division</b>	<b>Senior High &amp; Open Divisions</b>
10:00 - Elementary Walk Through	11:15 - Junior High Walk Through	1:00 - Senior High Walk Through
10:30 - Elementary Girls 2000m Gr.6, 5, 4, & Div.1	11:45 - Grade 7 - 2000m Boys - Girls	1:30 - Senior High Girls - 4000m
11:00 - Elementary Boys 2000m Gr.6, 5, 4, & Div.1	12:15 - Gr. 8 & Gr. 9 Girls - 2500 Gr. 8 Boys, Girls Gr. 9 & Gr. 8	2:00 - Senior High Boys and Open Men and Women - 5000m
12:00 - Elementary Awards	12:45 - Grade 9 boys - 3000m	2:40 - High School awards
	1:20 - Junior High Awards	

### Other Information

If you have any questions please message us via Remind or email me at [kari.davidson@starcatholic.ab.ca](mailto:kari.davidson@starcatholic.ab.ca).

Tell people to text @runaug to the number (514) 613-2161

They'll receive a welcome text from Remind.



Sincerely,  
Kari Davidson, Heidi Cabay, Adrienne Mackenzie