

St. Mary's Catholic School
1088 Gillett Street
Prince George, B.C. V2M 2V3
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E-Mail office@stmaryspg.org



September 28, 2009

Dear Parents:

Welcome back! I am excited that our new season of athletics is underway. Our first sports activity of the year is cross-country running. We are entered into two meets this year: **RON BRENT**(Fort George Park) – Thursday, October 1st and **SPRUCELAND** (Rainbow Park) – Thursday, October 8th. Cross country running is open to all students in Grades 2 through 7 and is a great way to keep our HUSKY spirit high and our students active.

Your child has expressed an interest in participating this year. We will be competing against others schools in Prince George. For younger runners (Grades 2, 3, and 4); the route is not more than 1km in length. For older students, the route is not more than 2km. We will be practicing during our PE classes, but if you would like to help your child prepare outside of school, you are welcome to. Most students need to learn how to pace themselves so that they don't tire out at the beginning of the race.

We will be arranging buses to pick up the students at school and transport them to the events. Please arrange for your child to be picked up at the cross-country venues when the events are over (no later than 4:00pm).

If you have any questions, please contact me at the school (563-7502).

Thank you,

John Tramble

PLEASE RETURN THIS PORTION TO THE SCHOOL BY September 30th

I give permission for my child, _____, to take part in the cross-country meets. I will pick up my child or arrange for my child to be picked up from the venue following the race.

Signature of Parent/Guardian