

## Dear Parents,

To help celebrate the 2010 Olympic Year we will be conducting the Walking Club a bit differently. PHS will be involved in an Olympic Torch Relay Run...

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The flame will make it all the way from Olympia, Greece to Vancouver in just a few months.

In the past relays, torchbearers have averaged a pace of about 8 kilometers in an hour (5 miles) which is like jogging at a good pace. This year the torch run will pass through all of the Canadian Provinces & Territories... This includes over 1,000 different communities during its 106-day journey, beginning Oct. 20th.

Torchbearers will run about 300 meters each (3/4 mile).

PHS children will start with one card. After each lap they will get a star punched. The goal is to complete 106 stars (laps) which will total almost 9 miles around our school track.

The run will need to be completed by Feb. 21st (Opening Day Ceremonies) for those interested in participating.

As a school...we will run the Olympic Torch Relay and keep track where each class is and where the entire school as a whole in accordance with the "real" Olympic Torch runners. (Reminder they will be running 106 days...we have about 85 school days)

What a great way to learn the importance of the Olympic Flame, get some great exercise and compete against the other classes!

Which individuals will make it to 106 laps first... and which class will make it to the end first?????

Stay Tuned!

I will post weekly updates on Mondays. Our PE classes will involve "Carry the Flame Stations" celebrating the communities.

The children will be introduced to the Torch Run on Monday Sept. 14th during PE.  
The run will start on Tuesday Sept. 15th!

Mrs. Nygaard

