



Waikite Valley School

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Legend of the Peaks Forest Run

When: Friday 6th November
Where: Whakarewarewa, Rotorua, New Zealand
Who: 5-13 year old students
Cost: Free

Please return form by Wednesday 23rd September

Waikite Valley School will be attending Legend of the Peaks Forest Run this year. For more information on the event please go to:

<https://www.legendofthepeaks.com/raceoptions>

Legend of the Peaks is an off-road running festival, open to almost all ages, set in Rotorua, Aotearoa New Zealand. Within the festival there are a number of different races that aim to attract both competitive and non-competitive participants.

The days operation will run as below:

- 10.15am - Kids Forest Run 2km Race Briefing
- 10.30am - Kids Forest Run 2km Race Start
- 11.30am - Kids Forest Run 2km Prizegiving
- 11.45am - Kids Forest Run 3km Race Briefing
- 12.00pm - Kids Forest Run 3km Race Start
- 12.30pm - Rotorua Specialist School Race Start, expected finish at 1.30pm.
- 1.00pm - Kids Forest Run 3km Prizegiving and FINISH of all Kids Events AND General Rego Opens

Please indicate below if you are able to provide transport on the day, or if your child/ren will need transport to and from the event.

Sheena Hunter
Sports Coordinator
Developing Learners for Life



Legend of the Peaks - Permission & Transport form

I give permission for _____
to participate in the Legends of the Peak Forest run.

I can provide transport.

YES/NO

If providing Transport please answer below:

I agree to drive with zero alcohol/drug consumption.

YES/NO

My car has a current WOF

YES/NO

I have a full driver's license

YES/NO

My car seats _____ **including** my child/ren

I am unable to help and my child/ren will require transport.

☐

SIGNED: _____ DATE: _____

Mob. Ph: _____

KIDS FOREST RUN

Approximate Range Totals:

Distance: 2kms and 3kms

Elevation Gain: 45m and 52m

TRAINING PROGRAMME

To be ready for this event you need to do simple training. Just 5 minutes of easy running 3 to 4 times a week. Like a "run around the block" or somewhere you like to run. Don't run fast or push yourself. Just run a bit more than a jog and finish feeling as though you could have done some more.

Over time you will find the runs easier so just increase them a minute or two.

A typical week could look like : Sunday : 5 minute Run, Wednesday 5 Minute run, Friday : 5 minute run.

If you do another sport. That's great. Just organise your runs so either they are on another day or you can finish your practice or game with a 5 minute run.